

# Connecticut Guardian

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## Destination: Germany

Spc. JORDAN E. WERME  
65<sup>TH</sup> PCH

A year ago they could not have seen this coming. No one would send a signal or chemical battalion to be the sole police force in a foreign land.

With military reclassification now staring them directly in the eyes, Soldiers formerly of the 280<sup>th</sup> Signal and 103<sup>rd</sup> Chemical Battalions are at Fort Leonard Wood, Missouri, training for a year-long mission of Military Police duty in Germany.

This will be the first mission for the newly formed 643<sup>rd</sup> Military Police Company, only months into its existence.

In a ceremony held Feb. 8, family, friends and VIP guests gathered at the Hartford Armory to pay tribute to the Soldiers who become the next in a growing line of Soldiers sent overseas in support of operations Iraqi Freedom and Enduring Freedom.

"They're going to be backfilling the active duty MPs while they're in Iraq and Afghanistan," said Sgt. 1<sup>st</sup> Class Brian T. Young, readiness noncommissioned officer, 134<sup>th</sup> MP Co. "They will be the sole police force on the military base."

Members of the 143<sup>rd</sup> and 134<sup>th</sup> Military Police companies volunteered to complete the unit and to add some veteran leadership to the group. The experienced MPs were sent ahead of the rest of the unit for refresher training and baton recertification, said Young.

"I'm relieved that he's going to be in Germany," said Angela Kelly, whose brother, Sgt. Erik C. Gustafson is a member of the 643<sup>rd</sup>. "We should be able to talk to him whenever we want to, which wouldn't happen if he were going to be in the desert somewhere."

For Kelly, seeing her brother and his fellow Soldiers deploy comes on the heels of another difficult send-off. After being married in October 2005, Kelly's husband, Pvt. Garry C. Kelly, is now deployed with Company B, 102nd Infantry.

"It's really hard-hitting," said Kelly. "Having my husband and my brother deployed at the same time is not fun. It's going to be drastically different living alone for a year. I told them both to come home safe. I hope they all come home safe."

In his remarks to the hundreds gathered, Maj. Gen. Thad Martin, adjutant general, echoed Kelly's comments.

"Connecticut prays for your rapid and safe return. And we pledge to you our continued support," said Martin.

Martin called on the Soldiers, representing more than 70 of Connecticut's 169 cities and towns, as great American patriots and the pride and joy of the Connecticut National Guard.

The Soldiers of the 643<sup>rd</sup> have an excellent opportunity ahead of



Members of the 643rd Military Police Company stand in formation during a formal send-off ceremony at the Hartford Armory. The unit is deploying to Germany. (Photo by Spc. Jordan E. Werme, 65th PCH)

them, said Young, who spent many years as an active duty MP in Germany before joining the CTARNG.

"These Soldiers should grab the opportunity and use this experience to their benefit," said Young. "They need to get off the base, see Europe. It will be the greatest experience they'll ever have."

## DoD updates equipment reimbursement policy

AMERICAN FORCES PRESS SERVICE

The Defense Department announced Feb. 14 the revision of a memorandum on the policy and procedures for the reimbursement of privately purchased protective equipment for Operations Noble Eagle, Enduring Freedom and Iraqi Freedom.

The new memo incorporates the original guidance published on Oct. 4, 2005, expands the list of reimbursable equipment, and extends the eligible purchase period for reimbursement.

The full reimbursable equipment list now includes:

Complete ballistic vests; Most component parts of ballistic vests, including side-plate body armor; Helmets; Ballistic eye protection; Hydration systems; Gloves; Knee pads; Elbow pads; Bed insect netting; Insect repellent; and Reflective vests.

The eligible purchase period is now Sept. 11, 2001, through April 1, 2006, as required by the fiscal 2006 National Defense Authorization Act. The previous memo only covered purchases from Sept. 11, 2001, to July 31, 2004.

To be reimbursed for equipment, servicemembers must complete DD Form 2902, "Claim for Reimbursement for Privately Purchased Protective, Safety or Health Equipment used in Combat." This form must be submitted to the servicemember's chain of command or, for former members, to an authorizing official designated by their former service at an address on the form. All claims must be submitted by Oct. 3, 2006.

The original memo states that the military will reimburse servicemembers for the cost, including shipping, of any protective, safety or health equipment that was purchased by the member or by another person on behalf of the member for the member's personal use during deployment.

To be eligible for reimbursement, the equipment must be on the approved list of shortage equipment, and the member must not have been issued equivalent government-provided equipment before they engaged in imminent danger or hostile fire operations, the original memo states.

Reimbursement for any one item is limited to \$1,100, and any equipment that servicemembers are reimbursed for becomes the property of the U.S. government and must be turned in to the unit logistics officer.

## Dodd: expand equipment reimbursement

Sen. Christopher Dodd (D-CT) held a press conference to urge expansion of the DoD equipment reimbursement policy. He was joined by Mr. Gordon Mello, a former Marine and father of a deployed servicemember for whom he purchased personal protection gear. Dodd authored legislation in 2004 and 2005 that is responsible for the development of the current policy, and has now introduced further legislation that require DoD to provide the most complete personal armored protection to all servicemembers deploying, or to provide the individual troops with the funds up front to make those purchases. (Photo by Sgt. 1st Class Debbi Newton, State PA NCO)





## Commander's Corner



### Letter to Airmen

**Michael W. Wynne**  
Secretary of the Air Force

13 Feb 06

#### United States Air Force Core Values

I continue to be honored to serve with you as Secretary of this great Air Force. Whether on the ground, in air or space, or on the new frontier of cyberspace – and whether you wear uniforms or civilian clothes – you respond to daily challenges that embody our core values of *Integrity First*, *Service Before Self*, and *Excellence in All We Do*.

These core values reflect the values we share from the moment we take our oath to support and defend the constitution. We must continue to reflect on these values, linked to that oath. Sharing my thoughts in this note is part of that ongoing process.

**Integrity First** reminds us we must "walk the talk" – our words and actions must be *integrated* in our lives. It reminds us of Thomas Jefferson's concept of *moral muscles* – that we build and strengthen our character through the daily exercise of words, actions, and decisions. *Integrity first* means not only physical courage, but moral courage as well, so that we sometimes stand up by speaking up. It means being loyal to our friends, to each other – *by being loyal to our oath, our Air Force, and our Nation*.

**Service Before Self** is not the same as "service," a value also claimed by some civilian institutions and corporations. Our *Service* requires sacrifice and commitment to our Nation. We understand we make decisions in an environment where freedoms are on the line, and lives are at stake. *Service Before Self* begins with duty, but it means more. It means that, in our Air Force, as we fly and fight in war and peace, going *above-and-beyond-the-call-of-duty* is not the exception – it is the rule.

**Excellence in All We Do** reminds us, at the most basic level, of the old "Hometown Newspaper Test" – imagining our parents reading about our actions, and wanting them to be proud. But it also includes the military concept of honor – knowing our actions reflect on all Airmen – and on the Air Force itself. It reminds us that we stand on the shoulders of giants: heroes like Billy Mitchell and Doolittle, Spaatz, and Rickenbacker; heroes who faced and beat incredible odds. We have inherited a history of excellence, courage, and greatness. We must live up to that heritage, become part of it, and pass it on.

All Airmen are men and women of character. Our enduring *Air Force Core Values* provide a touchstone as we rise to meet current and future challenges, threats, and opportunities. As America's Airmen, it is imperative that we maintain the moral high ground – our nation depends on it. I thank all of you for your contributions and sacrifices. *I salute you!*

*Michael W. Wynne*  
Michael W. Wynne

## Connecticut Guardian

360 Broad Street  
Hartford, CT 06105-3795  
Phone: (860) 548-3251  
DSN: 636-7857  
FAX: (860) 524-4902

E-Mail:  
CTGUARDIAN@ct.ngb.army.mil

Captain-General  
Gov. M. Jodi Rell

The Adjutant General  
Commanding General, CTNG  
Maj. Gen. Thaddeus J. Martin

Assistant Adjutant General - Army  
Brig. Gen.(CT) Walter Lippincott

State Command Sergeant Major  
Command Sgt. Maj. Raymond P. Zastaury

State Command Chief Master Sergeant  
Chief Master Sgt. Wanda Wawruck

State Public Affairs Officer  
Connecticut Guardian Managing Editor  
Lt. Col. John Whitford

State Public Affairs NCO  
Connecticut Guardian Editor  
Layout and Design Editor  
Sgt. 1st Class Debbi Newton

#### Contributors

Det. 1, 65th Press Camp HQ, CTARNG

Maj. George Worrall, III  
103rd FW PAO, CTANG

103rd Fighter Wing Public Affairs

103rd Air Control Squadron

103rd Communications Flight, CTANG

First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

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# DoD releases QDR to chart way ahead to confront future

DONNA MILES  
AMERICAN FORCES PRESS SERVICE

The Defense Department unveiled the Quadrennial Defense Review Feb. 3, charting the way ahead for the next 20 years as it confronts current and future challenges and continues its transformation for the 21st century.

The 92-page report, sent to Congress,

represents "a common vision of where we need to go and what we need to do," Ryan Henry, principal deputy undersecretary for policy, told Pentagon reporters.

The report was driven, managed and authored by senior leaders throughout the department, from Secretary Donald Rumsfeld to the Marine Gen. Peter Pace, chairman of the Joint Chiefs of Staff, to the service chiefs and

secretaries to the combatant commanders, he said.

Its release corresponds with that of the fiscal 2007 DoD budget request, which President Bush sent to Congress Feb. 6.

The QDR aims to shift military capabilities to fight terrorism and other meet nontraditional, asymmetric threats, while shaping a defense structure better able to support and speed up this reorientation, Henry said.

At the same time, it recognizes the continued need to defend against conventional threats, conduct humanitarian missions at home and abroad, and help U. S. allies and partners develop their own defense capabilities.

The first of three QDRs conducted during wartime, this year's report focuses on the need for the U. S. military to continue adjusting to an era of uncertainty with asymmetric challenges, he said.

It incorporates lessons learned from operational experiences from Iraq and Afghanistan, Ryan said. Similarly, it incorporates experience gained in other operations associated with the so-called "long war" against terrorism in places like the Philippines, Horn of Africa, Georgia and Northern Africa.

As a blueprint for shaping the force to carry out these far-reaching responsibilities, the QDR shifts from traditional thinking in pointing the direction forward, Henry said.

"It's not about numbers. Numbers don't tell you if you can get the job done," he said. "It's about capabilities."

The report focuses on a lighter, more agile, more deployable force that operates more jointly with a streamlined, more efficient defense operation supporting it, Vice Admiral Evan Chanik, the Joint Staff's director of force structure, resources and assessment, told reporters.

It promotes more special operations, intelligence gathering, language and cultural capabilities, improved communications and enhanced security-cooperation activities.

Chanik called the QDR evolutionary rather than revolutionary and said it reflects an ongoing DoD transformation that began in 2001. The terrorist attacks on the U. S. on Sept. 11 of that year and the war on terror that resulted accelerated this transformation, he said.

"We're making sure we have a range of capabilities into the future," Chanik said.

Servicemembers won't be surprised by what ahead for them in the QDR, Chanik predicted. "The average military guy out there understands we live in a changing world and that as this world changes, we need to change with it," he said.

With its emphasis on education and training, the military ensures that its members have the skill sets them need to meet evolving requirements, he said.



Navy Vice Adm. Evan Chanik (left), Joint Staff director of force structure, resources and assessment, and Ryan Henry, principal deputy undersecretary of defense for policy, speak with reporters at the Pentagon about the Quadrennial Defense Review during a Pentagon press briefing on Feb. 3. (Photo by Tech. Sgt. Sean P. Houlihan, USAF)

## DoD's 2007 budget reflects hard choices, official says

GERRY J. GILMORE  
AMERICAN FORCES PRESS SERVICE

The Defense Department's proposed fiscal 2007 budget reflects difficult decisions made by senior leaders as they seek to balance today's military needs with those anticipated for tomorrow, a senior official said Feb. 10.

"There were a series of (hard) choices in the budget," Kenneth J. Krieg, undersecretary of defense for acquisition, technology and logistics, told reporters at a Pentagon news conference.

For example, Krieg said, senior officials decided to reduce the number of Navy aircraft carriers from 12 to 11, and to stop production of the Air Force's C-17 cargo plane.

"Not everyone is going to love those (decisions)," Krieg said, "and so we'll go through the process" with Congress.

President Bush sent DoD's \$439.3 billion fiscal 2007 budget request to Congress Feb. 6. That budget proposal,

which includes recommendations of the recently completed Quadrennial Defense Review, represents a 7 percent increase over the fiscal 2006 DoD budget.

The QDR, conducted every four years, looks at U. S. military needs as far as 20 years into the future. This year's QDR is the first to be conducted during wartime. The two prior ones were conducted in 1997 and in early 2001.

The Defense Department's budget has increased since the Sept. 11, 2001, terrorist attacks on the United States and the ensuing global war against terrorism.

Combat operations in Afghanistan and Iraq have been financially sustained by supplemental funding provided by Congress.

The 2007 defense budget also proposes spending billions to acquire new high-tech equipment such as V-22 Osprey tilt-rotor aircraft and two DD(X) naval destroyers, Krieg said. Legacy ships like the World War II-era battleships USS Iowa and Wisconsin that have been in "mothballed" status pending possible re-commissioning may be permanently retired due to defense modernization needs, he said.

"I think the department's been pretty adamant in saying it doesn't have any interest in bringing the battleships out of retirement," Krieg said, "or even continuing to fund their caretaker status to hold that option."

The 2007 budget decisions would have been even more difficult if less money were available, Krieg said. The U. S., he said, historically has agonized over the right amount of money required for defense spending.

"As a nation we've had a hard time making hard (defense budget) choices," Krieg said. "If we're going to change the funding profile over time and turn it downward, there will be even more hard choices."

Such anticipated decisions would be "tough for us to do," he acknowledged.

"But it's important that you make those choices and balance them with the funds you have, if you're going to deliver the kind of range of capabilities that warfighters need," Krieg said.



*Thank you,  
Families, for  
all that you  
do and all  
that you  
sacrifice.*

*We are  
indebted to  
you.*





# 103<sup>rd</sup> Fighter Wing 'deploys' to Gillette Stadium

2ND LT. JEFFERSON S. HEILAND  
DEPUTY PUBLIC AFFAIRS OFFICER, 103<sup>RD</sup> FIGHTER WING

Air National Guard members might spend a typical UTA Saturday evening at home with their families, or perhaps at "the club" with their comrades to relax or even watch a game on the big screen.

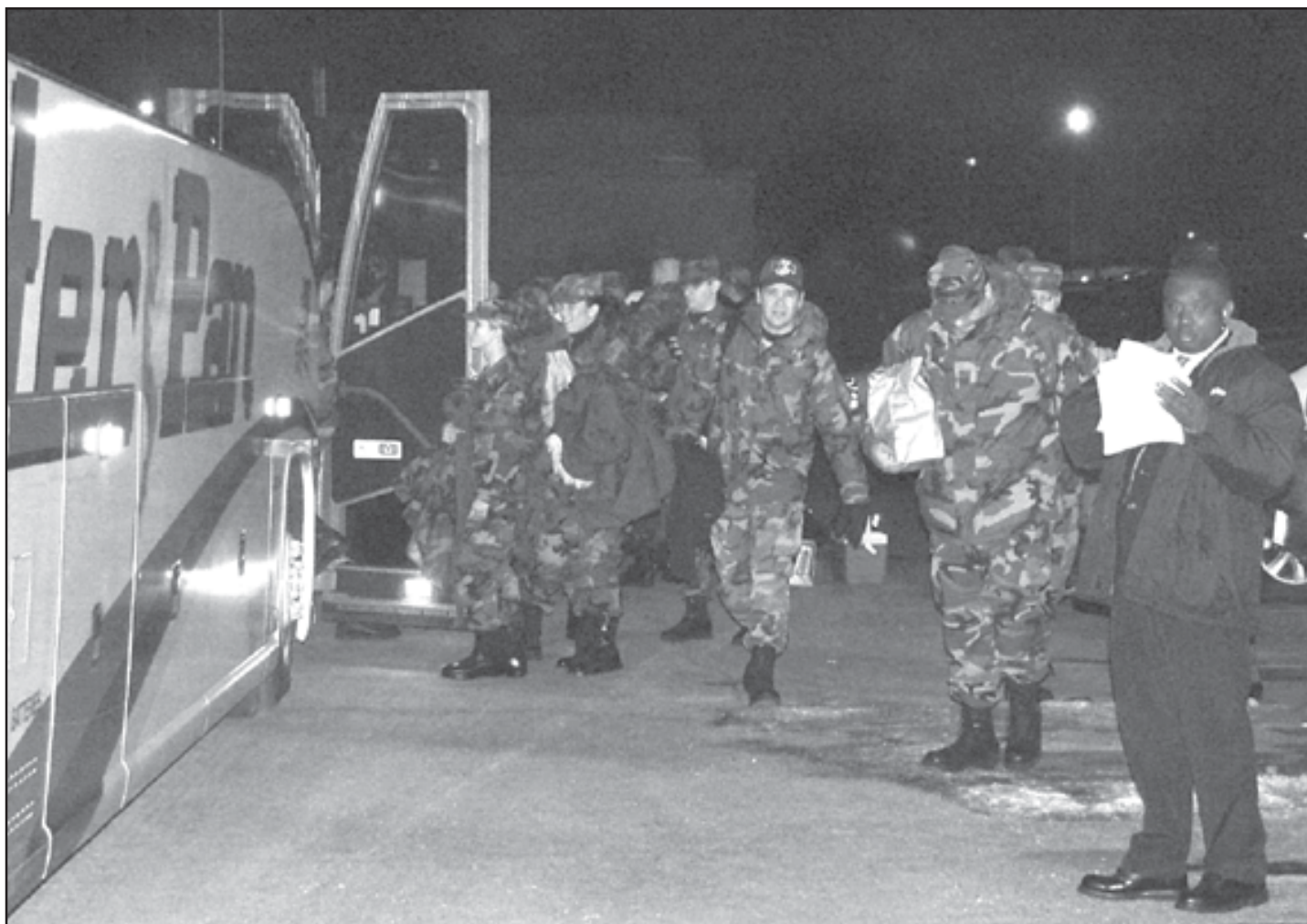
But January's drill was anything but typical, as 100 Guardsmen eagerly accepted tickets to experience live the playoff game between the New England Patriots and the Jacksonville Jaguars Jan. 7 at Gillette Stadium in Foxboro, Mass. At the end of duty hours Saturday, members boarded a chartered bus provided by the Air Combat Command's Morale, Welfare and Recreation program and journeyed to the stadium to cheer on the home team.

While we know now that the Patriots' season is over, the uniformed Airmen were able to relish in the sound beating that the men in red, white and blue delivered to the visiting team.

As the players on the field celebrated each big play, Guard members were also celebrated, receiving praise, applause and pats on the back from appreciative fellow fans in the stands.

"When we first got there...we were walking up to our seats up the stairs and every single person (was giving us high fives). It was cool...we felt like we were the Patriots running the gauntlet onto the field," said Tech. Sgt. Jeffrey M. Collins, mobility NCOIC, 103<sup>rd</sup> Logistics Readiness Squadron. "People would salute us as we walked by."

2nd Lt. Sherry Janarelli, aircraft maintenance officer, 103<sup>rd</sup> Maintenance Squadron, took advantage of the opportunity to root on her team and to connect with the public.



BRADLEY AIR NATIONAL GUARD BASE, East Granby – Members of the 103<sup>rd</sup> Fighter Wing board a chartered bus on base to "deploy" to Gillette Stadium in Foxboro, Mass. to cheer on the Patriots to victory over the Jaguars Jan. 7. (U.S. Air Force photo by Maj. George H. Worrall)

"It was wonderful to stand in line for food and have people walk up and say, 'thank you for serving'. Honestly, I spent more time chatting with fans and meeting fellow Armed Forces members than I did in my seat," she said.

The New England Patriots community affairs office contacted local area military units and extended invitations to service members to enjoy the game live. The Patriots gifted 100 tickets to the 103<sup>rd</sup> Fighter Wing. While Air Force regulations allowed the

wing commander to accept the gift and distribute the tickets to members of his unit, the same regulations restrict distribution to other units in the state. Tickets were given last year to the Army National Guard for a playoff game in Foxboro.

## Governor Rell launches "Candles in the Window" campaign to show support for troops

With 320 members of the Connecticut National Guard being deployed in Iraq and several hundred soldiers with Connecticut ties preparing for deployment in support of Operation Enduring Freedom in Afghanistan, Gov. M. Jodi Rell has placed a candle in her State Capitol office window and asked Connecticut residents to display electric window candles in the windows of their homes to show support for our troops.

"I thought this would be a fitting gesture to recognize the dangerous tasks being carried out by the Connecticut National Guard, the U.S. Reserves, and all of our military personnel," Governor Rell said. "It also demonstrates to those who have had loved ones deployed that their Connecticut neighbors share their concerns and that we appreciate what our military men and women are doing."

Department of Veterans Affairs Commissioner Linda Schwartz said, "I think this is a wonderful gesture by Gov. Rell who has always displayed her concern for our veterans and for those currently defending our nation and way of life with their service, sacrifice and suffering."

About 170 Soldiers with the 1,048th Transportation Company of Stratford and 150 Soldiers from the 134th Military Police Company of Norwich have been ordered to mobilize in support of Operation Iraqi Freedom to help with transportation and security. Both units will be deployed for up to 18 months.

Other Connecticut troops already deployed in Iraq include 40 Soldiers with Company G, 126th Aviation, of Windsor Locks and six Soldiers from Detachment 6, Army Operational Support Airlift Command of Windsor Locks.

The 102nd Infantry Battalion of New Haven, which includes 500 Soldiers, is training at Fort Bragg, N.C., for deployment to Afghanistan.

The 643rd Military Police Company of Westbrook is training at Fort Leonard Wood, Missouri for deployment to Germany in support of Operation Enduring Freedom. The unit, comprised of 120 Soldiers, is scheduled to be on active duty for up to 18 months.

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# Military provides opportunities for Connecticut Soldier

Sgt. ERNESTO RIOS-SOTO  
248<sup>th</sup> ENGINEER Co.

I joined the Connecticut Army National Guard in 2002 after moving to Connecticut from Puerto Rico. I joined the 248<sup>th</sup> Engineer Company with the intentions of learning a trade, serving my country and helping my community.

It took me a year and a half to become eligible to join the National Guard because I needed to work on my English skills in order to be qualified for the Army. By the time I enlisted I had only been living in Connecticut for four years.

Joining the Army National Guard was a difficult challenge for me but I refused to give up. No one in my family had ever served in the military before, and I was determined to bring the honor of military service to my family.

Since I have accomplished my goal of joining the Army National Guard, I have received nothing but good fortune from the military. I was promoted from operator to manager at my civilian job, I own property, I have had opportunities to travel and made great life-long friends, and I am a proud veteran of Operation Iraqi Freedom.

In January 2006, I was blessed with the opportunity to combine all of my experiences in one mission. I was deployed along with Sgt. Andrew John, Spc. James Carney, and Pvt. Ryan Kania, of the 248<sup>th</sup> Engr Co. along with forty members of the 103<sup>rd</sup> Civil Engineer Squadron to the Ramo USCG Air Station in Boriquen, Puerto Rico.

It was very important for the four of us from the 248<sup>th</sup> Engr. Co. to give 100 percent of ourselves at all times because we were representing our whole company. The four of us had different skills that combined together, proved essential to the mission.

John has extensive knowledge of working



Sgt. Ernesto Rios-Soto works on a project in his native Puerto Rico. (Photo courtesy Sgt. Ernesto Rios-Soto, 248th Eng. Co.)

with dry-wall and operating machinery. Carney brought size and strength to the hard physical labor that was required in our demolition aspects of our mission. Kania MOS qualified as an electrician, he became an important asset to our mission. As for myself, I contributed by using my native language and knowledge of the area to provide us with the critical resources required to finish the jobs our mission demanded.

Some of our projects included electrical work, building things such as sound-proof rooms, storage units, and masonry as well as the demolition of walls in order to expand school rooms. Each of these projects were completed to 100 percent standards and helped improve the Ramo Coast Guard Air Station.

In the few years that I have been a member of the 248<sup>th</sup> Engr. Co. my expectations of the Connecticut National Guard have been

exceeded tremendously. I have worked in Kuwait, Iraq, St. Thomas, US Virgin Islands, Puerto Rico and in state for various engineer missions.

We all bring many skills from military and civilian training to the table and are always prepared and willing to go above and beyond to serve our communities and our great nation. I look forward to future opportunities with the 248<sup>th</sup> Engr. Co. and the Connecticut Army National Guard.

## Air Force implements new cell phone restriction

STAFF SGT. MATTHEW ROSINE  
AIR FORCE PRINT NEWS

The Air Force is implementing a new cell phone restriction for drivers.

Beginning Feb. 27, drivers are not allowed to talk on their cell phones while driving on Air Force installations without a hands free device. This policy is part of the Department of Defense's Joint Traffic Guidance.

This restriction also applies to all government owned vehicles, or GOVs, at all times. No GOV drivers are permitted to talk on a cell phone while driving without a hands-free device on or off base.

"This is really a cooperative effort for everyone from the base populace to the base leaders," said Master Sgt. Gloria Ornelas, the superintendent of law enforcement for Air Force Security Forces. "I think it is long overdue. The DOD recognized that, and we are now in line with what some states and

municipalities are doing to create a safer environment for drivers."

The DOD joint traffic guidance, known as Air Force Instruction 31-201 (I), will restrict the use of cell phones while driving. Only cell phones with hands-free devices will be allowed for use by drivers. This guidance also allows the Air Force to use portable breath screening devices as long as they conform to National Highway Traffic Safety Administration standards.

The Defense Department's joint traffic document states:

"Vehicle operators on a DOD Installation and operators of Government owned vehicles shall not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device.

"The wearing of any other portable headphones, earphones or other listening devices (except for hand-free cellular

phones) while operating a motor vehicle is prohibited. Use of those devices impairs driving and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles, and human speech. DOD component safety guidance should note the potential for driver distractions such as eating and drinking, operating radios, CD players, global positioning equipment, etc. Whenever possible this should only be done when the vehicle is safely parked."

Using a cell phone while driving without a hands-free device will be considered a "primary offense." This means violators will be able to be stopped solely for this offense.

Drivers who violate this cell phone driving restriction will be given three assessment points against their driving records or an appropriate fine. Drivers should be aware that if two or more violations are committed,

even on a single occasion, a ticket may be given to the driver for each violation.

"It was recognized at the DOD level that we needed some changes," Ornelas said. "The winner here is the base populace. They will have more mobility while driving, a greater range of view — in short, a safer driving environment for all."

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**Connecticut  
Guardian**

online at

[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)

**"Freedom is not free"  
Sgt. Luis A. Arena  
Delta Company 1-102nd Infantry**



I do not know were I have been, or were I will be,  
The only thing I know, is that freedom is not free.  
I fight for you to have freedom of life,  
I fight for all your guys, and to protect all your wives.  
I fight for everyone to have their daily bread,  
and the price for it all is, the blood the soldiers shed.  
Sometimes being a soldier, is like being in jail,  
the only difference, is the soldier does not get any bail.  
Sometimes we have to march 15 to 20 miles a day,  
get attached and then we have to get down and return fire right  
away.  
Many times your buddy dies right in front of you,  
but guess what, we do not have time for sorrows or feeling blue.  
We must act and act real fast,  
because if we don't, we will be the next one, who could get hit by the  
blast.  
When it's all said and done,  
I will be happy because I know I have done my job.  
So if you ever think you have worries in your daily life,  
remember that soldier who had to die and left his kids and wife.

## Medal of Honor exhibit unveiled at Pentagon

**SGT. SARA WOOD, USA  
AMERICAN FORCES PRESS SERVICE**

In a tribute to those who have gallantly served the country, the Pentagon today unveiled a photographic exhibit titled "Visions of Valor."

The exhibit features dramatic portraits of 101 Medal of Honor recipients, and is on display in the Pentagon's "A" ring on all five floors. Seven Medal of Honor recipients were on hand for the opening ceremony, joining Defense Department and military leaders.

"We could think of no better place to have this set of photographs than in the Pentagon," said David J. McIntyre Jr., president and chief executive officer of TriWest, the company that purchased the exhibit from photographer Nick Del Calzo.

McIntyre, whose company is under contract to provide health care to military members in the Tricare West region, said he was humbled to be in the presence of the Medal of Honor recipients.

"In our day, where we struggle to find heroes that matter, I would suggest that we look no farther than those who wear the Medal of Honor," he said.

Deputy Defense Secretary Gordon England also praised the heroes, saying that the Medal of Honor is "earned by only a few, but revered by millions." This exhibit will be

a source of inspiration to all who view it, he said.

"It is important to have heroes, because they set standards," he said. "People know what can be achieved."

Gary Littrell, Medal of Honor recipient and president of the Congressional Medal of Honor Society, said the photo project is the first of its kind. He wishes it had been done sooner, he said, because the ranks of Medal of Honor recipients are diminishing as the years go by. Only 150 of 3,441 Medal of Honor recipients were alive when the project began five years ago, and now only 117 remain.

The Medal of Honor recipients were made into heroes by Congress and the president, Littrell said, but he hopes the exhibit will teach people that they aren't the only ones with the capacity for greatness.

"We are all just ordinary men that were placed in an extraordinary situation," he said. "Any young soldier, sailor, airman or Marine or any young school child growing up today, put in the same situation, could do the same thing."

Walter Joseph Marm, another Medal of Honor recipient at the event, echoed the same humility. Marm was recognized for his actions as an Army lieutenant in the battle of La Drang Valley, Vietnam, in November 1965. That battle was made famous by the 2002 movie "We Were Soldiers."

"Most of us feel that all the soldiers, sailors, airmen, Marines and Coast Guardsmen are doing outstanding things now and back then too," he said. "We just represent them, and we're the caretakers of the medal for all the men

and women that have served."

A duplicate collection of the portraits was purchased by TriWest and is a traveling exhibit. That exhibit is now on display at the Naval Medical Center San Diego and will be heading to Hawaii in May.



Gary Littrell, Medal of Honor recipient and president of the Congressional Medal of Honor Society, walks through the "Visions of Valor" exhibit at the Pentagon Feb. 3. The exhibit, which features 101 dramatic portraits of Medal of Honor recipients, was unveiled today. (Photo by Sgt. Sara Wood, USA)



# National Guard transformation ‘Remarkable,’ Chief says

RUDI WILLIAMS  
AMERICAN FORCES PRESS SERVICE

COLLEGE PARK, Md., Feb. 16, 2006 – Today’s National Guard is dramatically different from the National Guard of even five years ago, the Guard’s top officer said here today.

“What I’m watching in the last two years is absolutely unprecedented, unexpected and absolutely remarkable,” said Army Lt. Gen. H Steven Blum, chief of the National Guard Bureau.

Blum spoke to an audience of journalists at the “U. S. Military at Home and at War” conference at the University of Maryland’s Knight Center for Specialized Journalism.

“The National Guard that I joined was strategic reserve — deliberately under-resourced, deliberately undermanned and deliberately under-equipped,” said Blum, a 38-year guardsman. “That was part of our national military strategy.”

Blum said the national wisdom at the time was to save money by not fully equipping, manning or training the Guard. “We were going to fight an enemy that was a symmetric threat, and they looked a lot like us — the Soviet Union and the Warsaw Pact.”

If war broke out during the Cold War era, the United States felt it could win because it would fight against a threat-based force “that we really understood very well, because they were copying us to a large degree. So it was going to be like fighting your own sparing partner.”

Back then, it would have been a time-phased war, where the National Guard was to be called in the later innings of the game, Blum said. “We were going to be the second or third people that report to the field,” the general noted. “And we weren’t going to be fully manned, because 34 years ago we had something called a draft.”

When the draft ended in the early 1970s, everything changed, Blum said.

“What exists today is a volunteer, recruited force,” he said. “We don’t have ample time for a big buildup; we often get called with no notice or very limited notice.”

Blum said the Guard goes almost anywhere and at any time. “And we’re not fighting a threat-based force that we clearly understand,” he noted.

The general said today’s world requires a capabilities-based force and fighting in modular units. “The units on the field today are nothing like the units that were on the field even . . . when we went in for Desert Shield and Desert Storm” in the early 1990s, he said.

Units fighting in Iraq today are completely different from units of that era, the general said. “It will be even more different in the coming years,” said he added. “We’re fighting an asymmetric threat. There’s no general that can accept surrender. There’s no head of state that can admit defeat and sign a truce document with us to end what we’re involved in.”

Blum said guardsmen are in about 40

countries around the globe. “About 75,000 citizen-soldiers and airmen this morning are deployed all around the world,” he noted.

He said many guardsmen are serving in Afghanistan, Iraq and Kuwait. The National Guard has taken over the entire mission in Bosnia and Herzegovina and in Kosovo, and has taken over counter terrorism activities in the Horn of Africa and the Sinai peacekeeping mission between Egypt and Israel.

“Last year, we provided more than 50 percent of the combat forces on the ground in Iraq,” the three-star general noted. “This is a different paradigm, a different National Guard than any of us in this room ever envisioned being even possible, let alone being practically employed.”

Blum said the National Guard and the Coast Guard are the only organizations he knows of that haven’t been criticized for their efforts in Hurricane Katrina. For Katrina, the National Guard had 8,500 citizen-soldiers called to duty and in place to respond before the hurricane made landfall.

“We thought we had what we needed; we were wrong,” Blum admitted. “We needed four times that. So in the next six days I sent 42,000 additional citizen-soldiers from every single state in the nation and the territories of Guam, Virgin Island and the Commonwealth of Puerto Rico and the District of Columbia.

“Fifty-four of the 54 National Guards sent troops to Mississippi and Louisiana post-Katrina,” Blum noted. “It was absolutely the largest and fastest military response to a domestic event in the history of this nation.”

Blum said 133 Army National Guard helicopters were responsible for saving 17,443 people’s lives. “I’m not talking about moved, I’m talking about saved,” he emphasized, “taken from deep water where they were going to drown to dry spaces where they were going to live.”

The Air National Guard moved 70,000 Americans out of the affected area to other places around the country so they had hope to restart their lives. “A lot of people missed that,” the general noted. “That’s almost 90,000 Americans that were moved or saved by the National Guard. That’s bigger than a small city.”

And when Katrina hit, the Guard was fighting floods in New Hampshire and Vermont, fighting forest fires in Idaho and Montana, blizzard conditions in North Dakota, dealing with issues on the southwest borders of the United States and guarding critical

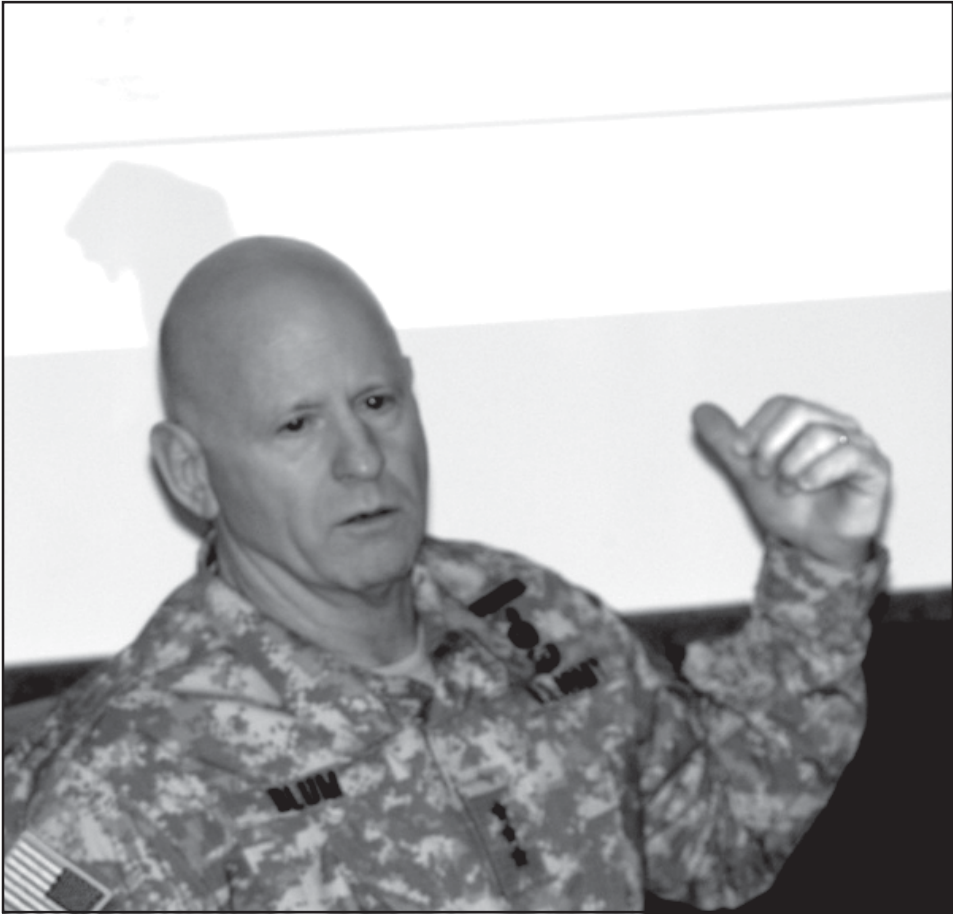
infrastructure in New York, Blum pointed out. And 13,764 guardsmen from Texas,

Louisiana, Mississippi, Alabama and Florida were overseas fighting, he added.

Blum said a snapshot in time taken Sept. 1, 2005, shows 78,000 National Guard soldiers deployed overseas, and at the same time, 50,000 deployed to Katrina. “That’s almost 140,000 National Guard soldiers deployed out of an inventory of a total of 460,000,” he said. “When you count all the people making it happen, it probably goes to about 190,000. So about one out of every two National Guard soldiers were either deployed

overseas or working to support the Katrina effort.”

Blum closed with a mix of pride and optimism. “We’re trying to be a ready force, and I think your Guard today is more ready than it has ever been,” he said. “It has proven itself as a reliable force and Sept. 1 was probably proof positive. When you call out the Guard, you truly do call out America.”






Lt. Gen. H Steven Blum, chief of the National Guard Bureau, told journalists at the University of Maryland’s Knight Center for Specialized Journalism that the National Guard has undergone dramatic changes since Operations Desert Shield and Desert Storm. (Photo by Rudi Williams)

## Recently Retired?

Consider coming back to the Connecticut National Guard.

Call your former unit for more information.



# First piece of Air Force memorial placed

STAFF SGT. JULIE WECKERLEIN  
AIR FORCE PRINT NEWS

ARLINGTON, Va. (AFPN) — Construction crews raised the first piece of the Air Force Memorial here on top of a hill overlooking Arlington National Cemetery.

The 40-foot long piece of stainless steel, which weighs more than 20,000 tons, is the first of 15 pieces to be placed. When completed, the memorial will be 270 feet tall.

“The design is a take-off on the Air Force (jet aircraft) doing the bomb burst maneuver ... also, that graceful arc of a missile launch and there are three spires,” said retired Maj. Gen. Ed Grillo, Air Force Memorial Foundation president.

The three upward spires represent the Air Force’s core values — integrity, service before self and excellence in all we do.

“We thought that was very emblematic of representing today’s Air Force,” he said.

The memorial is scheduled to open Oct. 13 in conjunction with the Air Force’s 60th anniversary.

The memorial will also include a bronze honor guard, inscription walls and a glass chamber of contemplation to remember those



*The first 39-foot section of a 279-foot spire is set into place Feb. 10 at the Air Force Memorial. This is the first of 15 sections that will make the three spires of the memorial site near Arlington National Cemetery. Dedication ceremonies are scheduled Oct. 13. (U.S. Air Force photo by Master Sgt. Gary R. Coppage)*

who made the ultimate sacrifice.

“There have been a total, including our predecessor organizations, of over 54,000

people that have been killed in action. We need a tribute and it’s long overdue to the United States Air Force,” Grillo said.

To find out more about the memorial, visit the Web site at [www.airforcememorial.org/](http://www.airforcememorial.org/).

## Guardian, staff named among best in National Guard media competition

For the fourth consecutive year, the *Connecticut Guardian* has placed in the top three tabloid-format newspapers in the National Guard Bureau Media Competition. This year, the *Guardian* was judged as the second place recipient, nationwide.

The newspapers are judged on content, overall quality of the writing and photography, responsiveness to the readership and adherence to Army Regulations, among other requirements.

Individual staff members also fared well in the competition, which covered all phases of military print media published in 2005.

**Staff Sgt. Steve Markowski** finished second the News Article category. Markowski is a member of the 65th Press Camp and has received numerous awards throughout the years for his writing and photography.

**Sgt. 1st Class Debbi Newton** received a second place finish in the Commentary category. Newton is a member of JFHQ-CT and is the full-time State Public Affairs NCO and editor of the *Guardian*. She has also received numerous awards over the years.

**Staff Sgt. Carolyn Aselton** received a second place award in the Photojournalism category and a first place finish in the Single or Stand-Alone Photograph category. Aselton is the 103rd Fighter Wing Public Affairs NCO and full-time is the producer of “Our Connecticut Guard,” a monthly cable-access show. She has also received awards in previous years. Her first place photo is now being judged in the Air Force Print Media Contest.

**2nd Lt. Jefferson Heiland** placed third in the Feature Writing category. Heiland is the 103rd Fighter Wing Assistant Public Affairs Officer. This is his first award in the NGB competition as a *Guardian* staff member.

Presentation of the awards are made during the NGB Public Affairs Conference held annually in October.

## Connecticut National Guard Foundation Inc

The Connecticut National Guard Foundation Inc announces its 2006 scholarship program. This year the foundation will award a total of four scholarships.

1. A single \$3000.00 scholarship honoring SGT Felix Delgreco Jr. will be awarded to a son or daughter of a member of the Connecticut ARMY National Guard.
2. Three \$2000.00 scholarships will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses.

Application forms may be found on the Foundations web site at: [www.ctngfoundation.org](http://www.ctngfoundation.org)

Additional Information:

1. Complete application packets must be postmarked no later than **15 May 2006**
2. The selection committee will choose students based on achievement and citizenship
3. You must be enrolled in, or planning to enroll in a regionally or nationally accredited degree or technical program
4. Mail application form and completed package to:

CTNG Foundation Inc.  
Attn: Scholarship Committee  
360 Broad Street, Hartford Armory  
Hartford, CT 06015

5. Please contact the foundation at (860) 241 1550 or e-mail [ctngfi@sbcglobal.net](mailto:ctngfi@sbcglobal.net) for further details.



# ACUs to be sold early '06, until then beware knockoffs

ANNETTE M. FOURNIER

Army officials are warning Soldiers against buying imitation Army Combat Uniforms in lieu of waiting for Army-approved ACUs to arrive in stores.

AAFES military clothing sales stores are scheduled to get ACUs in April, but a spokesman said they may appear sooner.

"The Army has advised AAFES to expect to start seeing ACUs in January," said Judd Anstey, media branch manager with AAFES. "Details are still being worked out at this time."

Some Soldiers, anxious to get the new uniforms, have bought imitation ACUs from unauthorized vendors. Authorized uniforms made to Army specifications are produced only by government-contracted companies and will be sold through Army and Air Force Exchange Service stores, officials said.

Unauthorized uniforms typically do not meet the Army's specifications in various ways, such as appearance, usability and durability, said Bob Panichelle, product executive in the Field Clothing Branch of Defense Supply Center Philadelphia's Clothing and Textiles Supply Chain, the organization contracting for ACU production.

"It's extremely important for Soldiers to wait until the ACU is available in the Army military clothing sales stores before purchasing a uniform," said Sgt. Maj. Katrina L. Easley, the Army's uniform policy sergeant major in the G1. "This prevents the Soldier from purchasing a uniform that has not been manufactured in accordance with the uniform quality control program."

Soldiers purchasing uniforms, uniform items, or heraldic items from establishments other than the Army military clothing sales stores must ensure that the items are authorized for wear and conform to appropriate military specifications or are manufactured in accordance with the Uniform Quality Control Program or the heraldic quality control system, Easley said. Soldiers should consult Army Regulation 670-1 for guidance.

## **Soldiers to have two ACUs by 2007**

Defense Supply Center Philadelphia contracted 16 commercial sources, as well as Unicor Federal Prison Industries, the National Institute for the Blind and the National Institute for the Severely Handicapped to produce the ACUs, Panichelle said.

A similar model for awarding contracts, monitoring production and overseeing the disbursement of uniforms will be used in fielding the Air Force's new battle dress uniform, expected to begin fielding in the next two years, Panichelle said.

The final wear-out date for the battle dress uniforms and the desert combat uniforms is yet to be determined, said Easley. Active-duty, Reserve and National Guard Soldiers should have two sets of ACUs by May 1,

2007, according to AR 670-1. By May 1, 2008, all Soldiers should have four pairs each, and by April 2010, ROTC students should have four sets.

## **Knockoffs could threaten safety**

To tell if an ACU is authorized, Soldiers should look for two tags sewn into the uniform. One tag near the collar is printed with the size and the second tag located elsewhere on the uniform gives the government contract number identifying what company made the uniform, and care instructions, according to Program Executive Office Soldier's Web site.

Some uniforms being made offshore at present do not contain the Identification of Friend or Foe tag, a tag which allows Soldiers to identify friendly forces at night. Buying a uniform without the tag could put a Soldier in danger, Panichelle said.

Other uniforms may contain fabric that is not in compliance with Army specs for the ACU camouflage pattern, Panichelle said, and could jeopardize the safety or security of an individual Soldier or an entire unit.

Like BDUs, ACUs have an expected wear-life of 6 to 12 months, and are made of the same rip-stop fabric as the summer BDUs. For quality control, DSCP closely monitors production at its manufacturing facilities through periodic site visits and quality inspections by specialists assigned to these facilities, Panichelle said.

If Soldiers have problems with issued ACUs, they can return the uniforms for a monetary refund or a store credit. With imitation ACUs, there is no guarantee of the quality of materials used, location where uniforms were manufactured, or refunds for defective uniforms.

## **ACUs issued by priority**

The official ACUs are not currently available for purchase, and at this point are still being issued on a prioritized basis, with deploying units top on the list.

At basic training sites, ACUs were issued to trainees beginning Oct. 1. At the Basic Combat Training Brigade, Fort Benning, Ga., the supply is limited but trainees receive ACUs before they go to their advanced training, said Dave Thompson, brigade S4 officer in charge.

Commanders in basic training units and graduates of drill sergeant school are being given the opportunity to buy ACUs early so they can set the example for trainees and to maintain uniformity in a unit, Thompson said.

Soldiers and commanders are responsible for ensuring they purchase and wear authorized uniforms and heraldic items, according to Army regulation 670-1.

Commanders will also conduct periodic inspections to ensure that all personnel under their command wear only uniforms and heraldic items produced by certified manufacturers and that they meet specifications for design and quality, in accordance with AR 670-01.



The 16 companies awarded the contracts to produce ACUs are:

- American Apparel
- DJ Manufacturing Corp.
  - Propper
  - Golden
  - Woolrich
- Bethel Industries, Inc.
  - Bremen Bowden
  - Rutter Rex
  - Fox Apparel
  - Sidran, Inc.
- American Power Source, Inc.
- Ashland Sales and Service
- Caribbean Needle Point, Inc.
  - Wear-tech, Inc.
  - Tullahoma
- AC Fabricated Products

For more information, see the PEO Soldiers Web site:  
[www.peosoldier.army.mil/pmequipment](http://www.peosoldier.army.mil/pmequipment).

## Experience, support lead Holden to SOY honors

SGT. 1<sup>ST</sup> CLASS DEBBI NEWTON  
STATE PA NCO

"Experience is what helped me calm my nerves," said Spc. Silas Holden. And it's the experience of previous competitions, as well as the assistance of his wife, to which Holden credits his being named the 2006 Soldier of the Year for the Connecticut Army National Guard.

"I got my start (in competitions) during AIT," said the avionics mechanic from the 1109<sup>th</sup> AVCRAD.

"I competed for Soldier of the Month two times and just continued competing. It's been a good experience."

This is the second year Holden has been named the AVCRAD Soldier of the Year and the second year he's competed in the state Soldier of the Year boards.

He says the experience of competing last year is what helped him through to the top spot this year.

"I was calmer this year. I missed the second question they asked me, but didn't let it get to me. I just told myself that it was one question and to concentrate on the others," he said.

Holden also said this year's competition was more in depth than last year's.

"There were a lot of questions about NCOES and NCOERS," he said. "I don't remember a single question about that last year. I'm glad that I looked at the noncommissioned office (NCO) study guide this year, too. I think that helped."

Holden said he spent a great deal of time

covering the entire Soldier study guide. His shop at AVCRAD helped him study, but he credits his wife with his success.

"My wife let me take the time to do this, to study as much as I had to," he said. "She quizzed me a lot. It was probably her quizzing that helped me the most."

But he also credits Sgt. Leland Zak for his success.

"Sgt. Zak just kept pushing me," said Holden.

According to Holden, this year's competition started at the unit level with a challenge.

He said there was one sergeant first class in his shop that they were trying to get to compete and they finally told him that if he competed, they would all compete for Soldier or NCO of the Year.

Sgt. Maj. Richard Brooks, AVCRAD, said this year's competition at the unit level was the biggest he had seen in more than 20 years with the AVCRAD.

"This was the largest participation we've had at the unit level," said Brooks. "We're very proud of them."

By "them," Brooks refers to Holden and Staff Sgt. Edward Bonetti, also from the AVCRAD, who was named State NCO of the Year.

Holden, who joined the Guard a little over two years ago because 9/11 angered him, says he's torn in his goals for the future.

He is employed fulltime by the AVCRAD in the Active Guard Reserve (AGR) program and plans to spend 20 years in the Guard, but

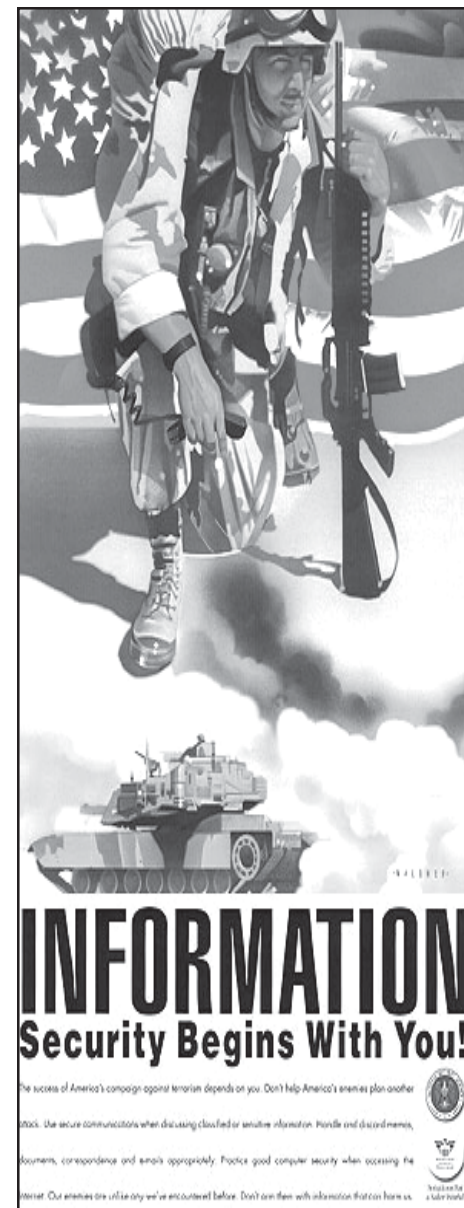


Spc. Silas Holden

isn't sure if that will be as an NCO or an officer.

"I'm torn between going as far as I can as an enlisted Soldier, or going to OCS (Officer Candidate School)," he said. "I haven't made my decision yet."

Right now, Holden's next step is more studying as he will compete for Soldier of the Year at the regional level in Vermont in April.



## Challenge drives NCO of the Year to succeed

SGT. 1<sup>ST</sup> CLASS DEBBI NEWTON  
STATE PA NCO

"Challenge: to invite into competition; to arouse or stimulate especially by presenting with difficulties." That's the definition offered by Merriam-Webster's Collegiate Dictionary.

When you hear the 2006 Connecticut Army National Guard Noncommissioned Officer (NCO) of the Year use the word "challenge," you get a good sense that the definition could have been written with Staff Sgt. Edward Bonetti in mind.

Bonetti is an armament electrician for the Apache helicopter at the 1109<sup>th</sup> AVCRAD in Groton and works as a fulltime technician at Combined Surface Maintenance Shop (CSMS) in Windsor Locks. He has been in the National Guard for seven years and says he joined while still in his junior year of high school because of "the challenge."

He said he kept seeing the recruiter at his school, and the recruiter kept after him to take the ASVAB, so he did. And he's been accepting challenges ever since.

"I like the challenge" of competition, said Bonetti of his choice to compete for NCO of the Year honors. He started at the unit level,



Staff Sgt. Edward Bonetti

winning there; continued to the state level, where he once again came away with top honors, and will go on to compete at the regional level in Vermont in April. This was Bonetti's second year competing at the unit level.

"Competition like this is good for the M-Day Soldiers. They don't actually have the

time to apply a lot of what they learn, so studying for the competitions is a good refresher," said Bonetti.

Studying for the board took up a lot of Bonetti's time, but he had help from the Soldiers in his armament shop, all of whom also competed at the unit level, and his wife who helped him study and quizzed him. He did admit to cramming the last two weeks before the board as a way to retain as much as possible.

Sgt. Maj. Richard Brooks, AVCRAD, said the unit was very proud, not only of Bonetti, but of Spc. Silas Holden who took top honors as the State Soldier of the Year. Holden is also a member of the AVCRAD.

"They did a good job, I'm proud of them both and I know the commander will be, too," said Brooks.

Bonetti did have some advice to offer to other Soldiers and NCOs who are interested in competing next year.

"Don't get nervous," he said. "Part of going before the Board is to learn. Retain the knowledge of your everyday leaders as they pass it on. Know your Soldier skills."

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## 2006 Senior Airman of the Year - Senior Airman Jose L. Collazo



Senior Airman Jose L. Collazo

CAPT. AMY FLYNN  
JFHQ-CT PUBLIC AFFAIRS

Senior Airman Jose L. Collazo, aerospace control and warning systems journeyman, 103<sup>rd</sup> Air Control Squadron, has been selected as the Connecticut Air National Guard's 2005 Senior Airman of the Year.

"Overall, I was excited just to be nominated for the award and to win was unbelievable," said Collazo. "I strive to do my best in any job or task, no matter what it may be." Collazo views himself as a disciplined person, "I love structure and organization. I pay attention to details and the little things."

"His attention to detail and can-do attitude make him an award winner," said Chief Master Sgt. William S. Ahern. "He is very committed to excellence and furthering his military career. All around, he's a sharp troop."

The award comes early in Collazo's career. He has been a member of the Air Control Squadron for only three years. According to his award nomination, "Collazo participated in the multi-battle group integration exercise, a high profile joint-exercise run by the Navy's Atlantic Command. He was also instrumental in helping the operations section prepare for the 9<sup>th</sup> Air Force standard evaluation inspection. Collazo thoroughly and diligently prepared the operations information file for this inspection resulting in a grade of Outstanding in that area."

Collazo recently accepted a full-time position with the Federal Bureau of Investigation where he will function as a support services technician at the New Haven, Conn., headquarters. Outside of work he can be found reading or playing basketball on a number of intramural

leagues.

Collazo views the Connecticut National Guard as a "good opportunity for people. If you can acclimate to both civilian life and military life (at the same time) you are a more balanced person." He also lives by his personal motto to "Never settle for the path of least resistance."

"I feel that a lot of times people settle and don't test their abilities. The sense of accomplishment that you have when you accomplish something that you didn't think you could is so much greater," said Collazo.

In the near the future, Collazo is considering pursuing a commission within the guard and becoming a special agent with the Federal Bureau of Investigation.

## Noncommissioned Officer of the Year-Tech. Sgt. Michelle R. Thomas

CAPT. AMY FLYNN  
JFHQ-CT PUBLIC AFFAIRS

Tech. Sgt. Michelle R. Thomas, visual information specialist, 103<sup>rd</sup> Communications Flight, has been selected as the Connecticut Air National Guard's 2005 Noncommissioned Officer of the Year.

This award comes at an opportune time for Thomas. "I've worked extremely hard during this, my 16<sup>th</sup> year in the guard," said Thomas. "I've never worked harder or been more excited about my military career." Thomas credits Professional Military Education for this sense of invigoration and stated that, "After attending the Noncommissioned Officer Academy I've had a feeling of renewed excitement about the military and I think my job is the best on base."

"Besides meeting the normal criteria that make a dynamic Airman, she has a vision that a lot don't," said Maj. John Warren, commander, 103<sup>rd</sup> Communications Flight. He

also added that "she is an absolute pleasure to deal with."

In her work, Thomas distinguished herself as a "Superior Performer" during the 2005 Operational Readiness Inspection. She volunteered to provide extensive support during the absence of the Base Multimedia Manager and accomplished forty work orders in only a six week time frame, deficiency free. In addition, Thomas has volunteered countless hours to the design and production of posters, programs, and invitations for Connecticut National Guard Special Emphasis Celebrations.

When asked what she attributes her success to, Thomas credits being an "absolute people person." "I am extremely excited and when you are excited," she said, "that energy is contagious." As noted by communications and information officer, 2<sup>nd</sup> Lt. Bryon Turner, "she is a good influence on those around her."

In addition to being a "people person," Thomas states, "Integrity is extremely important to me. For me, everything falls in line with integrity no matter what it is. I teach it to my kids, who, at 3 1/2 years old, know exactly what it means."

Thomas maintains an extremely busy schedule but still finds time to enjoy painting and attending Central Connecticut State University, from which she will soon graduate with her BA in Fine Arts. However, for Thomas, her two children (twins) come before all else. "First and foremost are my children. They are my priority and joy in life," said Thomas.

When asked how she balances all that she does, Thomas responded, "I have an awesome husband and we have a really good schedule. I have a lot on my plate and I like it that way."



Tech. Sgt. Michelle R. Thomas

## 2006 Sr. NCO of the Year - Master Sgt. Harry J. Daniel, Jr.



Master Sgt. Harry J. Daniel, Jr.

CAPT. AMY FLYNN  
JFHQ-CT PUBLIC AFFAIRS

Master Sgt. Harry J. Daniel, Jr., tactical aircraft maintenance craftsman, has been selected as the Connecticut Air National Guard's 2005 Senior Noncommissioned Officer of the Year.

The award came as a complete surprise to Daniel.

"I was asked for bullet statements but didn't even know I was being put in at the squadron level. Later, I was told I had won for the wing. I had no idea," said Daniel.

"He is one of the best," said Chief Master Sgt. Francis Macsata, Aircraft Flight Chief. "His attitude toward the military is exceptional. Everything he does, in his mind, is done to make the unit better. He is one of the most knowledgeable in the unit and has done a lot for recruiting and retention,

bringing several people into the unit."

According to the nomination packet, "Daniel's attention to detail resulted in zero discrepancies found during the unit's 2005 Unit Compliance Inspection. In recognition of his outstanding performance during the inspection, he was named a Superior Performer by the Air Combat Command Inspector General team. In addition, as the training noncommissioned officer in charge of the flight line crew chief section, he was instrumental in standardizing the section's master training plan and establishing achievable time lines for Airmen to complete required tasks."

When asked what led to his success, Daniel said, "I'm very organized and kind of on the serious side. We put a lot of work into the section. It was definitely more than just me."

Outside of his military duties, Daniel can be found volunteering as the Assistant Fire Chief, Warehouse Point Fire Department where he supervises 35 firefighters. He also dedicates his time to the Junior Fire Fighter Department where he helps educate the nine youthful participants, one being his 17-year-old son, on firefighting and the importance of public service.

"I've been involved in the firefighting program since I was 14-years-old," said Daniel. "The minute I drive out of the gate the fire radio goes on." Daniel is also pursuing his firefighter education at the Connecticut Fire Academy.

"I've been in the unit for 24 years and we are still the best kept secret in the state," said Daniel. "We need to reach out to perspective members to let them know this is a great place with lots of opportunities."



## Around the Guard

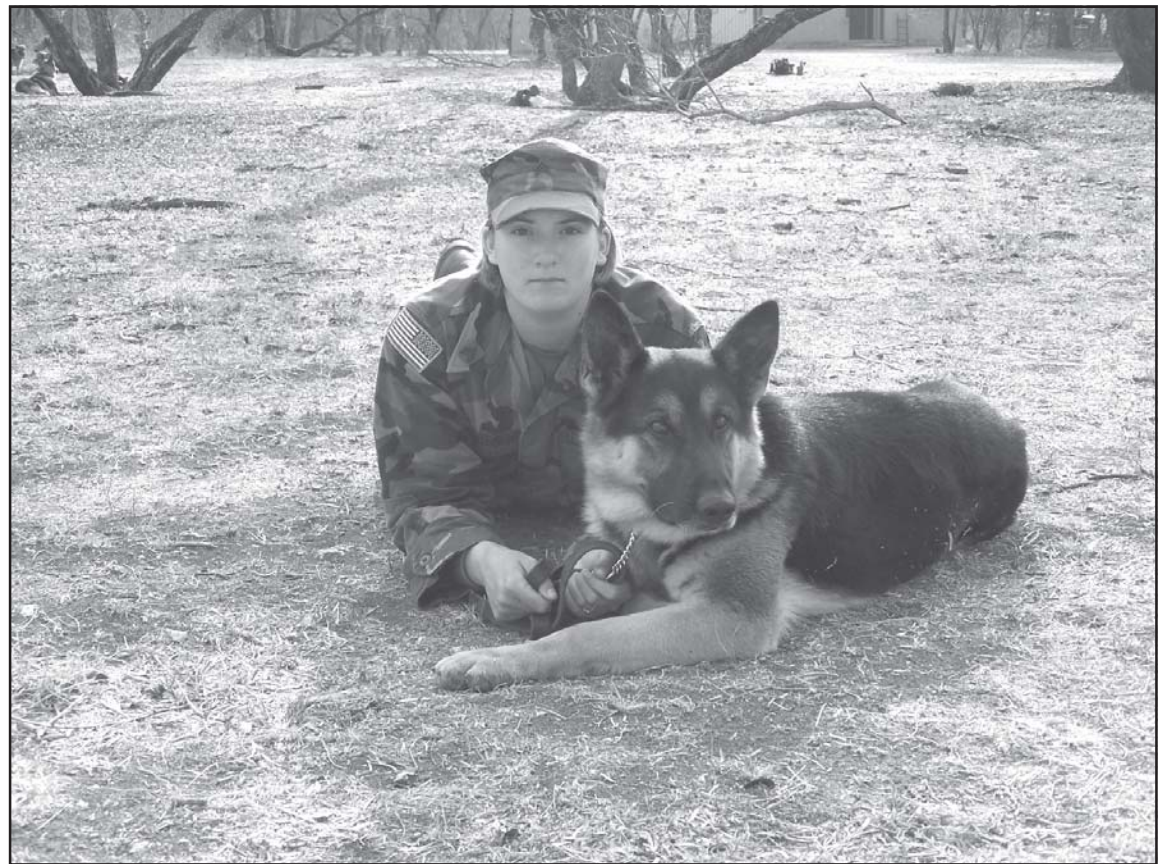


### Infantry receives modern equipment

Members of the 1<sup>st</sup> Battalion, 102<sup>nd</sup> Infantry are fitted for the Army's new Advanced Combat Helmet (ACH). The ACH is just one of the new items that the infantry will be equipped with as a part of the Department Of Defense Rapid Fielding Initiative. Under this program, Soldiers receive a Rapid Fielding Initiative (RFI) kit that includes state-of-the-art individual and small unit equipment available such as the Advanced Combat Helmet, improved spotting scopes, weapons accessories, optics, lasers and Military Operations in Urban Terrain (MOUT) equipment that is paramount to the success of their mission. The Infantry Battalion has also received Interceptor Body Armor, JS List Chemical Suits and the new Army Combat Uniform (ACU) while at their mobilization station. (Photo courtesy CW3 Brian Erkson, JFHQ J4)

### Connecticut Soldier goes to the dogs at Lackland AFB

Sgt. Courtney Robbins of the 11th Military Working Dog Detachment, the first National Guard unit of its kind in the country, relaxes for a moment with her training K9, Ago, at Lackland Air Force Base, Texas. Robbins has been undergoing training in obedience, obedience course, controlled aggression, scouting and gunfire. (Photo by MA3 Daniele Konzalman)



### National Guard honors students during Black History Month Celebration

Brenton Samuel Gittens, age 10 from the Charles E. Murphy Elementary School in Oakdale, reads his winning essay during the Black History Month Celebration at Camp Rell. Looking on are Malcolm Little, age 13, Metropolitan Learning Center, Bloomfield and Autumn Marie Thomas, age 16, Old Saybrook High School, Old Saybrook. Malcolm and Autumn were also recognized as winners in their respective school levels. (Photo by Lt. Col. John Whitford, State Public Affairs Officer)



# Connecticut Military Department News

## First Company Governor's Foot Guard recognizes member's long service

SGT. MARK BOUDREAU  
1<sup>st</sup> Co. GFG

The First Company Governor's Foot Guard, under the command of Major Commandant Dennis Conroy, posthumously honored Staff Sgt. Raymond E. Warner for 50 years of service in a ceremony held at the Foot Guard Armory on January 30, 2006 during the unit's monthly battalion review.

The Foot Guard issues medals through 50 years of service and Warner served as a member of the Foot Guard for 63 years. Warner participated in Foot Guard functions, including marching in parades, into his early 90's. According to his granddaughter, Staff Sgt. Sherri Miarecki (ARNG-Retired), who was present at the ceremony, he was always proud to be a member of the Foot Guard and how the Foot Guard only takes good people. Warner couldn't be present at the award ceremony when he earned the 50 year designation or in the many years thereafter and as things happen he passed on before the medal could be presented.

Accepting the award was Warner's daughter, Joyce Warner. Also in attendance, along the Mariecki were Warner's nephew Lt. Col. Bradley Day (Air Force-Retired) and his wife, Winnie and Bradley's son-in-law and daughter, Jeffrey and Sue Seith, Warner's daughter-in-law, Carol Warner and his grandchildren Suzanne Stanton, Renee Trzcinski, Michael Warner, Dianne Warner, his great-grandchildren Jodi, Brett and Chad Stanton and Dianne's fiancé, Nicholas Grimaldi.

## Governor Rell accepting nominations for Connecticut Veterans Hall of Fame

### Hall to honor 10 Veterans for post-military achievements

Governor M. Jodi Rell has announced that she is accepting new nominations to the Connecticut Veterans Hall of Fame. Ten Connecticut veterans are inducted each year, with the ceremony taking place annually around Veterans Day.

Rell created the Connecticut Veterans Hall of Fame last year to recognize the post-military achievements of generations of outstanding veterans from the state, living or deceased, and to spotlight their contributions to their community, including education, public safety, politics, recreation and other areas of public service.

Veterans who served in all military conflicts will be considered, including World War I, World War II, Korea, Vietnam, the Persian Gulf and Iraq.

The governor issued Executive Order No. 5 to establish the Hall.

"Generation after generation of veterans from Connecticut have returned home from their duties and continued to make life-long contributions to our communities as civilians," Rell said. "The Connecticut Veterans Hall of Fame is another way of saying 'thank you' to those veterans of all conflicts who have given so much to their community after military service. They are models of the spirit of public service."

"Men and women who haven taken up arms to secure and defend our homeland have demonstrated time and again their courage, heroism and commitment to improving the lives of others," the governor said.

"They are an inspiration to all of us and deserving of lasting respect and recognition in the Connecticut Veterans Hall of Fame."

Rell emphasized that the Connecticut Veterans Hall of Fame is not a military Hall of Fame. Veterans selected for induction must have honorably served their country in the military and continued to serve their fellow man by their deeds and accomplishments throughout their lifetime. Nominations for deceased veterans are also accepted.

Among the requirements to be eligible for the Connecticut Veterans Hall of Fame, the nominee must have been born in Connecticut or resided here for at least five years; the nominee must meet the definition of a "veteran" under the Connecticut General Statutes 27-103; and the nominee must have received an honorable discharge from the U.S. Armed Forces. A seven-member Executive Committee is being established to review all nominations.

Nomination packets must not exceed five 8½-by-11 pages and must be received by June 30, 2006, to be considered for the 2006 induction class. Nominations received after June 30 will be considered for the following year's class.

For more information, visit [www.ct.gov/governorrell](http://www.ct.gov/governorrell) or [www.ct.gov/ctva](http://www.ct.gov/ctva) – to link to the nomination packet. You may also request a nomination packet by calling the Department of Veterans' Affairs at (860) 721-5939.

**2nd annual**

## BIG BAND DANCE to benefit CNG Foundation

Live music by

## 2GFG Dance Band

A 17-piece band for patriots of all ages  
Playing favorites from Lionel Hampton to Lionel Richie

With a dance exhibition by  
The Rhythm Rousers

**Friday, March 10 . . . 7-11 p.m.**

\$20 includes hot/cold hors d'oeuvres

Zandri's Stillwood Inn, 1074 S. Colony Road,  
Wallingford (I-91 Exit 13, turn right, next to Vinny's)

For tickets or more info:

CW4 John DePastino, (203) 757-4113, [jjdep@hotmail.com](mailto:jjdep@hotmail.com)

SFC Joseph Nuzzo, (203) 469-6986, [jnuzzo@snet.net](mailto:jnuzzo@snet.net)

## Membership Opportunities

in the

## The First Company Governor's Foot Guard

*The Oldest U.S. Military Organization  
in Continuous Service Since 1771  
is Currently Accepting  
Membership Applications.*

- Dual enlistment permitted for current National Guard members
- Positions available in our rifle companies, band, color guard, rifle team, and honor guard.
- Participate in State ceremonies and represent Connecticut's military heritage.
- All State Militia uniforms provided

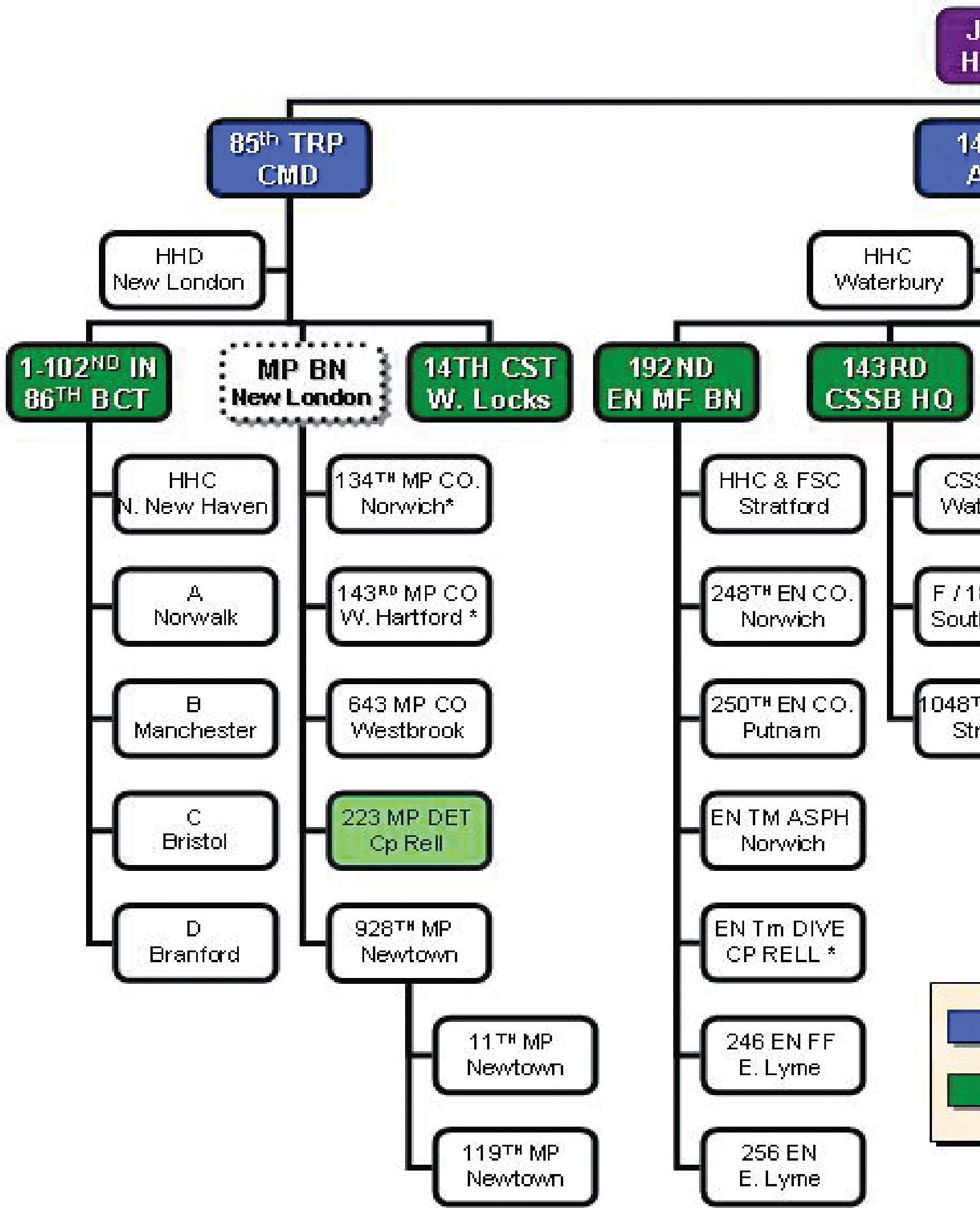
*Everyone Welcome!*

Membership information  
available at: **Governorsfootguard.com**



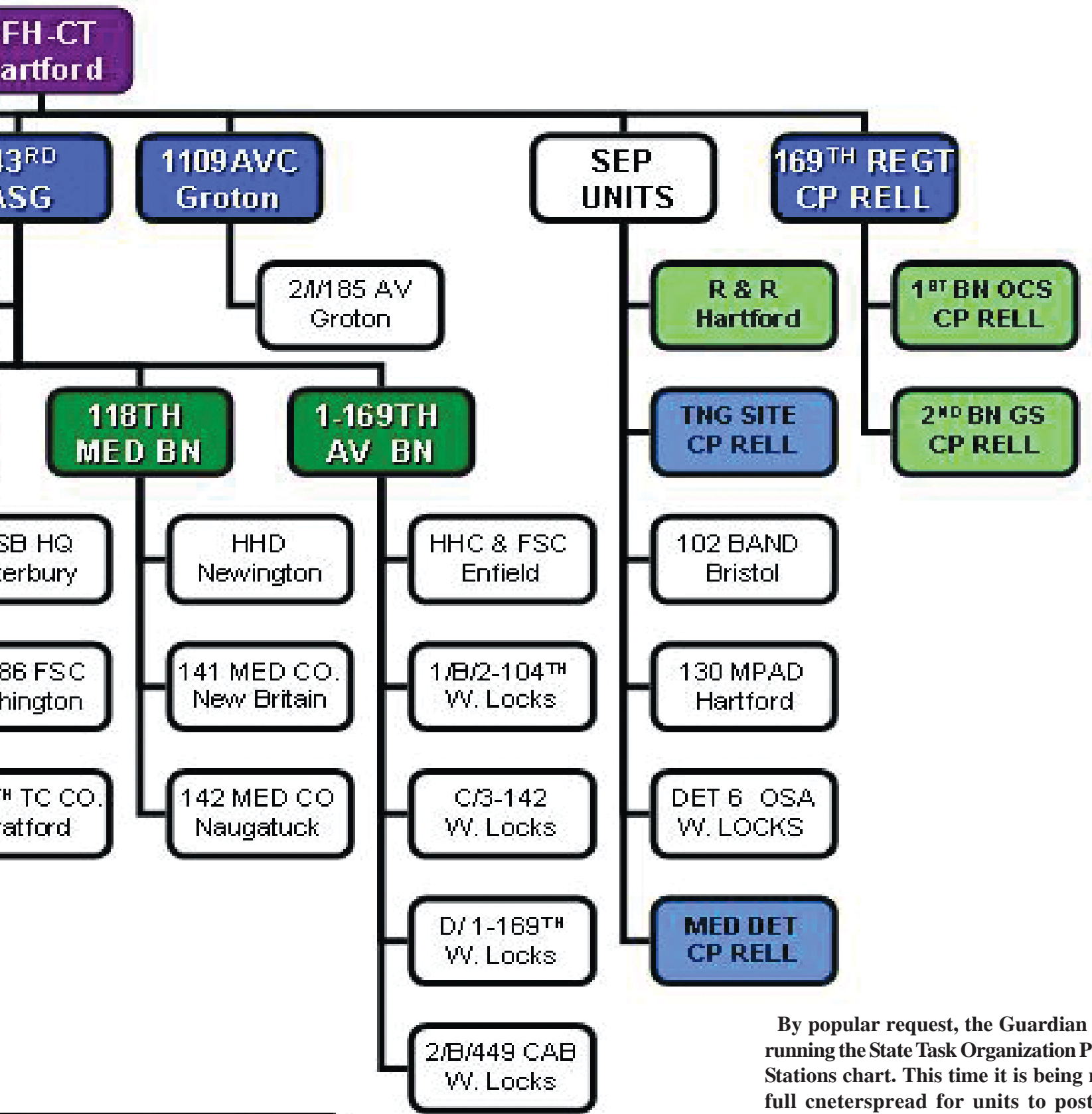
TRANSFORMATION

State Task Organization 1 Sept





# September 2007 – Projected Stations



06 Command  
05 Command

By popular request, the Guardian is again running the State Task Organization Projected Stations chart. This time it is being run as a full cneterspread for units to post on the bulletin boards in their armories. Watch the April issue for the third in the series of articles on Transformation as we begin to take a detailed look at the units being affected.

Authorized 3714

TRANSFORMATION

# Recruiting & Retention: Mission One

## Wife joins husband in Guard

SGT. 1<sup>ST</sup> CLASS DEBBI NEWTON  
STATE PANCO

They celebrated their first wedding anniversary on Feb. 25. Three days later they were separated for 20 to 21 weeks.

Pvt. Crystal Echeverria left for basic training and Advanced Individual Training (AIT) on Feb. 28 while her husband, Sgt. Christian Echeverria stayed in Connecticut to continue his duties as an Army National Guard recruiter.

The obvious question follows: Did Sgt. Echeverria recruit his wife?

"No," said Crystal. "It's something I just wanted to do."

Christian has been in the Connecticut Army National Guard for five years and has been a recruiter for the past one-and-a-half years. Crystal has been exposed to the National Guard and its people for a large percentage of that time and she was looking for direction in her life. She decided the Guard could provide that direction.

Crystal has been working as a disaster recovery mailperson for a while and going to school part-time, studying marketing. She was having a hard time doing both because of the long hours involved in her job. The company she worked for is responsible for

picking up the printing and mailing of direct mail products for companies that have declared disasters, which could run from things such as Hurricane Katrina, to company computer systems crashing.

She said she had an interest in the military because of her family's background. One grandfather served in the Air Force, the other in the National Guard and an aunt served nine-and-a-half years in the Army. She chose the National Guard and will be returning to the 1109<sup>th</sup> AVCRAD when she completes all her training. She chose the AVCRAD, even though it is about as far away from her home in Waterbury as she can get, because she already has a friend there.

Christian says that while the separation will be very tough for both of them, he is very excited for his wife.

"She can do whatever she wants to do," he said. "You have to let (the person you love) do what they want to. If you don't, that's how you lose them. I'm probably more excited for her than she is."

Christian will outrank Crystal at work, but "I'm still the boss at home," said Crystal. Christian just smiled and nodded his head.

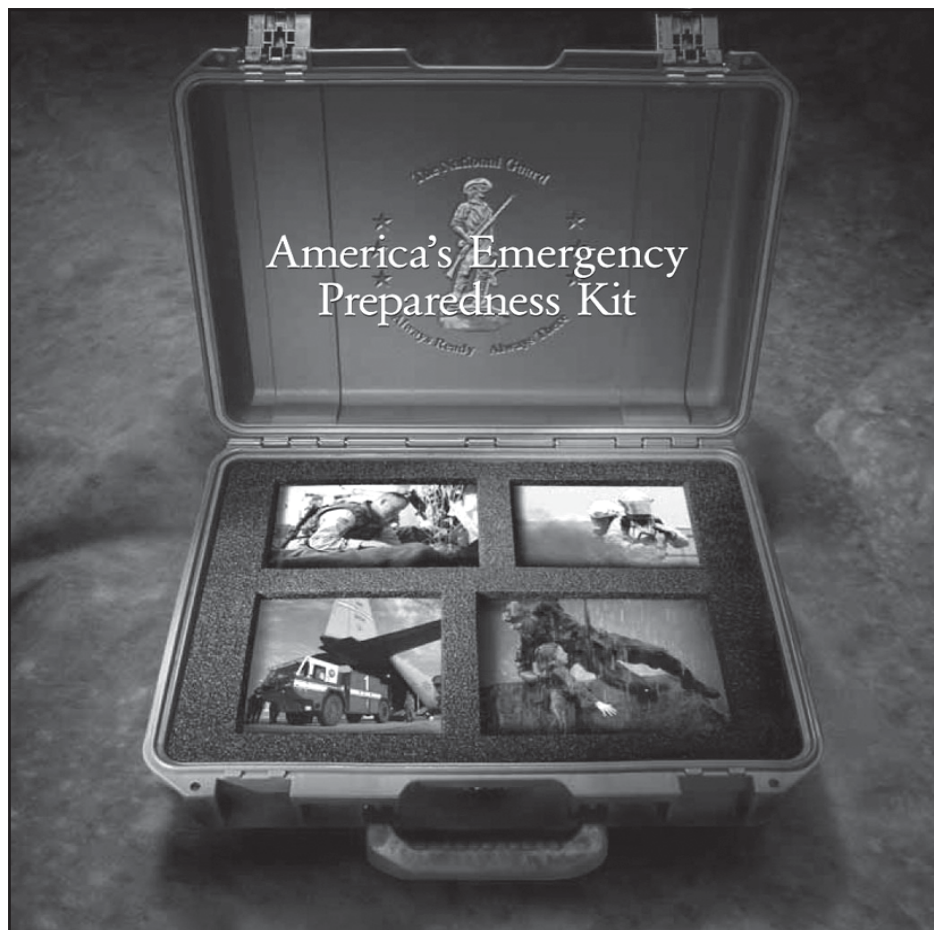


(Above) Pvt. Crystal Echeverria is sworn into the Connecticut Army National Guard by Lt. Cdr. Renne J. Squier, USN, at the Springfield MEPS.



(Left) Sgt. Christian Echeverria and his wife, Pvt. Crystal Echeverria with Lt. Cdr. Renne J. Squier after Crystal was sworn into the Guard by Squier.

(Photos courtesy Sgt. Christian Echeverria, R&R Command)



Defending the homeland is a 368-year-old tradition. From the first muster at the Massachusetts Bay colony to the hurricanes of 2005, the Citizen-Soldiers and -Airmen of the National Guard have always been trusted emergency responders. Whether it's a biological weapons attack, natural disaster, chemical spill or civil unrest, we're highly trained and able to react quickly to all types of threats to our communities. Like the trusted emergency kit, the National Guard is always there at the ready.

Always Ready, Always There.  
**THE NATIONAL GUARD**  
www.ngb.army.mil



## Be a part of our future!

prepare soldiers of today to become tomorrow's leaders.

Train brand new recruits and prepare them for basic training.  
Train Split Option soldiers to maintain skills for AIT.  
Report for MUTA-4, garrison/range training environments.  
Motivated SPC thru SSG in good standing are encouraged to apply.



Earn promotion points!  
Take Total Army Instructor Training Course!  
Get Small Group Instructor qualified!  
Become a BN Representative and be a positive force in the CTARNG!

**RSP**  
recruit  
sustainment  
program

BN Representatives who are selected will drill with the RSP on 169th REG weekend.  
For info on application process, please contact SSG Rand at Recruiting/Rentention:

wallace.randrsr@us.army.mil **860.493.2777**



# Are you ready for Jump School?

The National Guard Bureau has authorized CTARNG Soldiers to attend Airborne School (Jump school) on a first come-first serve basis. Airborne training is one of the most demanding courses available and requires a high degree of physical stamina to complete. Jump school is a three-week course.

Week 1 is Ground Week and includes learning individual skills necessary to conduct the jump and land safely. Soldiers must pass all PT requirements and qualify on the 34-foot tower to advance to Week 2.

Week 2 is Tower Week. Here, Soldiers train on the 250-foot free tower and the wind machine. Mass exit procedures and team building also takes place. Soldiers must qualify on the Swing Lander Training and mass exit procedures to move to the final phase of training.

Week 3 is Jump Week! You must complete 5 jumps to graduate the course. Graduation takes place on Friday of Week 3.

Prior to enrollment in the course, Soldiers must pass a physical and an APFT. The APFT must be given to the 17-21 age standards regardless of the actual age of the

student. Additionally, all applicants must complete a 5-mile run within 45 minutes within 30 days of the course start date. Due to the limited number of seats available, Commanders must screen their Soldiers and develop an order of merit list for attendance.

Upon arrival, all students will weigh-in and take the APFT. The APFT must be passed to the 17-21 age standards. Additionally, all applicants must successfully complete a "flex-arm" hang (a chin up held in the raised position for at least 10 seconds without swinging your legs).

NGB quotas are given on a first come-first serve basis dependant on unallocated seat availability. The priority of fill is generally to combat arms before combat service/combat service support and lower to higher rank. Seats are not filled until 50 days prior to course start date. The final determination on attendance is made by NGB.

Commanders wishing to send their Soldiers to this high-speed training must pre-qualify their Soldiers and submit a prioritized list through the Chain of Command to the J3. This prioritized list will be forwarded to NGB for consideration in filling open seats. Selected Soldiers will be notified through the Chain of Command.



Do you have what it takes?

OFFICERS CLUB OF CONNECTICUT

Hartford Armory CT (860) 149-3634

email:ctoclub@yahoo.com

March 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lion King at the Bushnell May 13 & June 1, Call Ginny Scheller for tickets (282-0778)			1 Ash Wednesday	2 5 PM Hartford Courant	3	4 NATIONAL GUARD DRILL
5 NATIONAL GUARD DRILL	6	7 6 PM Quiet Birdmen dinner	8	9 NGACT Reception	10	11
12	13	14 12 OEM Lunch 430 - 8 PM Vertex	15 6 PM Democratic chairs	16 12 Noon MOAA Lunch 530 Bd of Governors mtg	17 St Patricks Day Dinner-Dance \$25 each Great Food & Drink with Irish music and Step Dancers	18
19	20	21 12:15 PM Ladies O'Club Lunch All Ladies welcome Call Ginny Scheller 282-0778 or Ethel Lawton 666-8989 for info.	22	23	24	25
26	27	28 830 AM Bkfst Conn State Universities SPM PIA	29	30	31	
O'Club open for Lunch Daily 1130 - 230 PM (new time) Lounge open at lunch and 4 PM to Closing						

OFFICERS CLUB OF CONNECTICUT

PRESENTS

FRIDAY, MARCH 17, 2006

ST. PATRICK'S DAY DINNER DANCE

Hartford, Ct. (860) 249-3634

Cost \$ 25.00 per person (plus tax & tip)

Dinner 7:00 PM

MENU

Salad: Smoked Irish Salmon over Garden Greens  
w/ Green Goddess Dressing

Entree : Brisket Corned Beef w Green Horseradish Sauce OR  
Seafood Stuffed Dover Sole w/ Fresh Green Herb Sauce, OR  
Roasted Leg of Spring Lamb w/garlic mint sauce

Vegetables served family style: Boiled Irish Potatoes, Cabbage,  
Baby Carrots & Golden Beets

Irish Soda Bread & Rye Bread Coffee, Tea

Dessert : Leprechaun Delight

IRISH SINGING AND DANCING TO THE VAGABONDS  
PLUS ONE LEPRECHAUN

Irish Step Dancers too!

Reservations Please: O'Club (860) 249-3634



## Military Matters

### Free Turbo Tax Proves Popular Among DoD Filers

DONNA MILES  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Feb. 10, 2006 – A partnership that enables military members and their families to file their tax returns electronically without charge is proving tremendously popular, with 103,000 returns already filed as of Feb. 7, a Military OneSource official told the American Forces Press Service.

“That’s a big response!” the official said. More than 97,000 people filed their returns electronically within the first 20 days after being offered free access to Turbo Tax software, she noted. Military OneSource and Intuit, a financial services company, are partnering to offer the Turbo Tax basic product for both federal and state returns at no cost.

In addition to active-duty members and their families, National Guard and Reserve members and their family members also have access the program, regardless of their activation status. Deployed DoD civilians and their families also qualify.

Users can access the software through the Military OneSource Web site. A simple, secure, step-by-step system allows them to save, print and send completed tax forms electronically to the Internal Revenue

Service, officials said.

While the Defense Department has a long history of offering tax help to military members, this is the first time DoD has offered the opportunity for them to self-file electronically.

Another free service enables military members and families to make toll-free calls to tax experts from any deployment location in the world, Jan Burke, deputy undersecretary of defense for military community and family policy, said in announcing the program in January. The toll-free number is (800) 342-9647. More phone numbers for people living overseas, non-English speakers and people with disabilities are posted on the Military OneSource Web site.

That service could come in particularly handy this year, due to deployments and other circumstances that affect taxable income, Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council, noted recently.

For example, Iraq, Afghanistan, Bosnia and Kosovo all qualify as combat zones where military income is tax exempt. In addition, a recent change in the tax code provides provisions for victims of hurricanes Katrina, Rita and Wilma.

### Air Force eliminates commissioned officer distinctions

AIR FORCE NEWS

The Air Force will eliminate the distinction between active-duty regular and reserve officers by May 1.

Previously, an officer who earned a reserve commission served in a sort of probationary period until promoted to major, when they could become a “regular” officer.

The contract reserve officers signed when they joined the Air Force states that in peacetime they could be separated from the service if a reduction in force becomes necessary. Regular officers had that clause removed from their contracts. Also, reserve officers could only serve a maximum of 20 years, while regular officers have a high rate of tenure based on rank.

“We’re basically changing the way we manage the force,” said Lt. Col. Leslie Formolo, Air Force chief of promotion and evaluation policy. “This is a simpler way to manage the force. Those on active duty will be regular officers; those in the (Air Force) Reserve will be Reserve officers.”

All officers who entered active duty after May 1, 2005, were commissioned as regular officers. All other active-duty officers will be automatically transferred to regular status by May 1, provided they meet appointment requirements. Any officer who was previously denied the change because of not being medically qualified for worldwide duty will also be granted regular status, Formolo said.

The only reasons an officer would not earn regular status are:

- Not a U.S. citizen;
- Serving on extended active duty under the Limited Period Recall Program, or serving on extended active duty as a result of invoking sanctuary rights;
- Cannot meet the regular appointment age requirements.

For more information on the transition, Airmen can contact the Air Force Personnel Center.

### MID-CAREER PLANNING

**HRO**  
Human Resource Office

#### Who Should Attend

This course is for federal employees covered under the Civil Service Retirement System (CSRS) or Federal Employees Retirement System (FERS) interested in fully understanding the implications of benefits decisions made early in their careers. If you have 5 years of civilian service, you will benefit from attending this workshop. Applications will be made on DD Form 1556 and submitted to the Human Resources Office, Attn: Alyssa Russo, not later than Friday, 24 February 2006.

#### Course Description

Don't wait until it is too late to plan for your retirement. Benefits, financial and investment decisions made now, in the beginning or the middle of your career, will have significant impact on your retirement. This course will enable you to understand the long-range implications and consequences of the decisions you make now on your benefits, your career and your financial future. Improve your financial and retirement outlook by getting important information you need now.



- Retirement Benefits under CSRS and FERS
- Health and life insurance needs and benefits
- Estimating your Social Security Benefits
- Investment techniques for long-range financial security
- Investing in the Thrift Savings Plan (TSP)
- Tax implications of benefits decisions
- Separation from service before retirement eligibility
- Implications of disability retirement
- Estate planning and wills

Dates: March 21-22, 2006

Time: 0830-1600 hrs

Location: Human Resource Office  
555 Willard Avenue  
Newington, CT 06111-2693

Contact: Alyssa Russo  
phone: 860 878-6713

Fax: 860 878-6711  
email: alyssa.russo@ct.ngb.army.mil

The course will have a limit of 20 students

**2nd annual**

## BIG BAND DANCE to benefit CNG Foundation

Live music by

### 2GFG Dance Band

A 17-piece band for patriots of all ages  
Playing favorites from Lionel Hampton to Lionel Richie

With a dance exhibition by  
**The Rhythm Rousers**

**Friday, March 10 . . . 7-11 p.m.**

**\$20 includes hot/cold hors d'oeuvres**  
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**Wallingford (I-91 Exit 13, turn right, next to Vinny's)**

For tickets or more info:

CW4 John DePastino, (203) 757-4113, jjdep@hotmail.com  
SFC Joseph Nuzzo, (203) 469-6986, jnuzzo@snet.net





CHIEF MASTER SGT.  
WANDA WAWRUCK

# Enlisted Update

## Recognition/ Professional Organizations

Congratulations  
Soldiers and  
Airmen!

During this time of year, all 54 States and Territories select and recognize their Outstanding Soldiers and Airmen. What's unique about this honor is the Soldier and Airmen, NCO, SNCO, First Sergeant, and Honor Guard of the Year nomination packages move on to compete at the National Guard Bureau (NGB) level amongst the remaining States and Territories. Further, the recipients of the NGB competition move on to compete at the Army and Air Force level.

This is without exception a great honor and proud time for our Connecticut Guardsmen. Before I share who they are, I'd like to take this opportunity to thank our leadership and staff support functions that played an active role in the process of developing the awards packages. I appreciate your dedication, time and effort in recognizing our outstanding Guardsmen.

Now for the announcement of our 2006 State Outstanding Soldiers and Airmen...they are: Soldier of the Year, Spc. Silas Holden, CT AVCRAD; NCO of the Year, Staff Sgt. Edward Bonetti, CT AVCRAD; Airman of the Year, Sr. Airman Jose Collazo (also selected as the First Sergeant Diamond Award recipient), 103d Air Control Squadron; NCO of the Year, Tech. Sgt. Michelle Thomas, 103d Communications Flight; SNCO of the Year, Master Sgt. Harry Daniel, Jr., 103d Aircraft Maintenance Squadron; First Sergeant of the Year, Master Sgt. Eugene Theroux, 103d Support Group; Honor Guard Program Manager of the Year, Tech. Sgt. Carey Gaul; and Honor Guard Member of the Year, Tech. Sgt. Cheryl Pilletere. Please take the time to extend your congratulations to our Outstanding Soldiers and Airmen and wish them luck during the next phase of the competition.

You will also have an opportunity to congratulate our Soldiers and Airmen of the Year along with their families during the upcoming National Guard Association of Connecticut (NGACT) Conference and Banquet scheduled for March 25 at the

Marriott Hartford-Rocky Hill. As I have covered in past articles, NGACT is an integral link to enhancing, lobbying, and supporting many of our benefits (to include veterans). Not only do they support us in the State, but they also do so at a National level through the Enlisted Association of the National Guard of United States (EANGUS) and the National Guard Association of the United States (NGAUS). These organizations are unique in that their sole purpose is to support and defend Guardsmen; unlike other professional organizations that include our Active and Reserve counterparts.

Without your membership to professional organizations such as NGACT, defending our benefits is a difficult task to achieve. Together, NGACT, EANGUS, and NGAUS make a great team. These organizations want to ensure we have the proper training, state-of-the-art equipment, benefits, and remain relevant...but this is difficult if we do not support them through membership.

Your membership provides numbers and a louder voice as an additional tool for these organizations when lobbying some difficult issues such as defending our A-10s at Bradley, and costly enhancements to our benefits such as age 55 retirement and TRICARE. Your membership also provides scholarships, incentives and discounts through many companies and organizations. Additionally, belonging to your State Association (NGACT) also includes membership to EANGUS and NGAUS. Further incentives are provided to our Guardsmen who were recently promoted to E5 or E6...USAA will purchase your membership **FREE** for one year. How can you pass it up?!

I encourage everyone to support NGACT through your membership and attendance to their upcoming event on March 25. For more information, you may contact your Chiefs, Sergeants Major, First Sergeants, web site: [www.ngact.com](http://www.ngact.com) or Debbi Newton 860-524-4911.

I appreciate all that you and your families do and look forward to seeing you at the end of March.

Send Letters to the Editor to:  
Editor, Connecticut Guardian, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795  
or by email to: [ctguardian@ct.ngb.army.mil](mailto:ctguardian@ct.ngb.army.mil)  
All letters must be signed and include a phone number for verification.  
Letters may be edited for grammar, spelling and space, but not for content.

# Promotions

## Army National Guard

### To Master Sergeant

John F. Bolduc, Jr., 141st Med Co.

### To Sergeant 1st Class

Chad N. Therrien, 250th Engineer

### To Staff Sergeant

Douglas M. Morton, R&R Command  
Benjamin J. Mager, 134th MP Co.  
Charles e. Godleski, 250th Engineer

John L. Staniezewski, R&R Command  
Brian N. Perez, Det1, Co G, 104th AVN

### To Sergeant

Michelle Martinez, 1048th Trans. Co.  
Fabian S. Bennett, 1048th Tans. Co.  
Ronald R. LaChance, 1048th Trans. Co.  
Gregory S. Gallagher, 248th Engineer

Abel Perez, 1048th Trans. Co  
Tiffany A. Mikalavicius, 643rd MP Co.  
Miguel E. Pickering, HHC, 242nd Engineer  
Edward Tracz, Jr., CTARNG Medical Element

### Correction

In the February edition of the Guardian, it was incorrectly reported that Christopher La Casse of the 248th Engineers was promoted to Sergeant. He was promoted to Staff Sergeant.



# 12th Annual NGACT Conference and 2nd Annual NGACT Awards Banquet

Saturday, March 25, 2006  
Conference Registration & Continental Breakfast: 7:45 a.m.  
Awards Banquet: 6 p.m.

Marriott Hartford-Rocky Hill  
100 Capital Boulevard, Rocky Hill, CT

Conference Keynote Speaker  
To Be Determined

Awards Banquet Keynote Speaker  
To Be Determined

## NGACT Conference & Awards Banquet Registration

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_  
Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Conference Registration: \$20 (\$25 at the door)  
Banquet Registration: \$40  
(Petite Filet Mignon & Baked Stuffed Shrimp)  
NGACT Annual Dues: \$6  
NGACT Lifetime Dues: \$60  
EANGUS Annual Dues: \$9  
NGAUS Annual Dues: Based on Rank  
Total Amount Enclosed: \_\_\_\_\_

Rooms are available at the Marriott for Friday and Saturday evenings at \$89 per night. Room reservation code will be sent upon receipt of conference registration.

Make checks payable to "NGACT" and send to NGACT Conference, 360 Broad St., Hartford, CT 06105-3795  
Email questions about the Conference and Awards Banquet to: [ngact2005@yahoo.com](mailto:ngact2005@yahoo.com)

NGACT Working for You

# Homefront

## In defense of Connecticut's children: State looking for few good mentors for children

TECH. SGT. DEON SUMEERSANAUTH  
DDR

There are mentor programs operating in schools and communities throughout the state, yet over 140,000 children could still benefit from a mentor to guide them towards a healthy, responsible future.

Children who have ongoing relationships with caring adults are **more likely to avoid alcohol or other drugs**, stay in school and get good grades, have a better self-image and have better relationships with their families and friends. Many more mentors, especially men – and men of color – are needed!

Mentoring is defined as a relationship over a prolonged period of time between two or more people, where an older, caring, more experienced individual provides help to the younger person as he or she goes through life.

The Connecticut Mentoring Partnership (CMP) one of several programs within the Governor Prevention Partnership, provides leadership, resources and training to schools, businesses, community and faith-based organizations throughout Connecticut to increase the number of mentoring programs and promote safe, quality mentoring relationships.

The Connecticut Mentoring Partnership

is an affiliate of the National Mentoring Partnership.

There are several types of mentoring programs including school-based or community or site based. Each program is set up differently to meet the needs of the mentor and the mentee (the young person).

### School-Based Mentoring Programs

School-based programs are based on the school year (ideally October through June). The mentors commit for one school year and have contact with the child for at least one hour a week. Mentors will usually be asked at the end of the school year if they would like to continue mentoring their mentee for the next school year.

### Community or Site Based Mentoring Programs

Community or site based mentoring offers young people the chance to develop a relationship with one or more adults. This type of mentoring can take place outside of specific sites where the mentor and mentee pair can attend activities together. It can include tutoring, career exploration, life skills development, game playing and going to sports, entertainment or cultural events. The commitment requires extensive screening and requires several hours per week for at least one year.

If you think you've got what it takes to be a

mentor, please contact

The Governor's Prevention Partnership,  
860-523-8042 or [www.preventionworksct.org](http://www.preventionworksct.org).

A 2003 study of nearly 500 mentoring pairs conducted by the Connecticut Mentoring Partnership shows that youth with mentors say they have a better attitude at school, are getting better grades, behaving better in class and are well-prepared for school every day.

Employees who mentor report uniformly positive results:

- 98% are satisfied with the experience
- 99% believe their company should invest in youth (their future workforce)
- 89% said the mentoring program made them proud to work for their company
- 63% said they feel more productive at work after mentoring

### Mentoring Benefits Youth

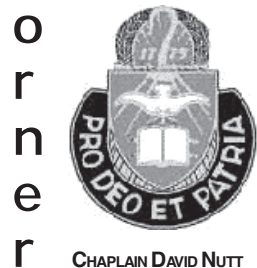
Spending just one hour a week, a mentor can teach a young person about work ethics and responsibility and can encourage him or her to set realistic life goals. Mentors can also help improve mentees' self-esteem, attitudes toward education, attendance and desire to stay in school.

A CMP evaluation of approximately 22 mentoring programs in the state has found the following results:

**Youth mentees:** the top five effects of mentoring reported by the youth were:

- Feel there are people who will help them if they need it (77%)
  - Think it's important to help others (74%)
  - Have higher expectations of themselves (71%)
  - Feel there are adults who care about them (68%)
  - Feel more confident in themselves (68%)
- More than half of the mentees felt their relationship with their mentor has affected their commitment to learning as evidenced by the following measures:
- Displaying a better attitude toward school
  - Earning better grades
  - Being well-prepared for school every day
  - Showing better behavior in class
- Earlier research from the Norwalk CT Mentor Program, America's oldest school-based mentoring program, shows benefits to youth include:
- Improved academic performance
  - Improved school attendance
  - Increased communication skills
  - Improved peer/family relationships
  - Decreased hostility
  - Improved self-esteem
  - Decreased risk for drug use

## Chaplain's



Recently I had the privilege of serving a Guard family as pastor as they buried a loved one.

Funerals are a time of high stress and if you've ever experienced the process of a loved one dying, the viewing and wake, funeral and mourning, you know how tiring and draining it can be. For those of you who have not experienced this process let's just say digging ditches is less tiring than all the emotional turmoil and grief you go through. The following list of "rules" are intended to help you make it through those stressful time associated with the death of a loved one.

1. Your feelings are your own. Often with the death of someone we know and love there comes an expectation of how one "should" feel. Sometimes some very well meaning people try to get you to "let out" the "proper feelings." While these people are very well meaning, politely ignore them. Your feelings, emotions and reactions are your own. There is no "correct" emotion to feel. Anger, confusion, numbness, fear, guilt, relief and even joy in certain situations can be among the range of emotions you can experience at the death of a loved one. The important thing to remember is that your feelings are right and proper for you.

## Rules for surviving funerals

There is no formula for "right feelings."

2. Be tolerant of your physical and emotional limits. With all that goes on you will probably feel more fatigued than normal. Pay attention to the clues your body and emotions are sending you. Take time to get enough rest. Eat proper meals and stay away from too much caffeine or alcohol.

3. Expect to be overwhelmed. What you are going through is overwhelming so expect to be overwhelmed. Take time to let the "bursts" of emotions you are feeling run their course. Don't try to beat these feelings down: they may come back stronger. Instead, go with the moment. Take a "time out" if you need it.

4. Be aware that other people's behavior might not be normal. High levels of stress and emotion turmoil pushes people to do and say things that are out of character. These behaviors may even be rude and hurtful. If someone does something offensive and hurtful way beyond their character, understand that this might be their pain and grief causing them to slip into inappropriate behavior. Give a wide berth to emotions and feelings. Don't close the door forever because of harsh words or hurtful behaviors. Give yourself and them a chance to reconcile issues between both of you.

5. Allow yourself time to grieve. While there are many "suggested" lengths of time for grieving only you know what's right for you. Take the time you need. Sometimes work schedules and human resource policies don't allow adequate time. It may be in your best

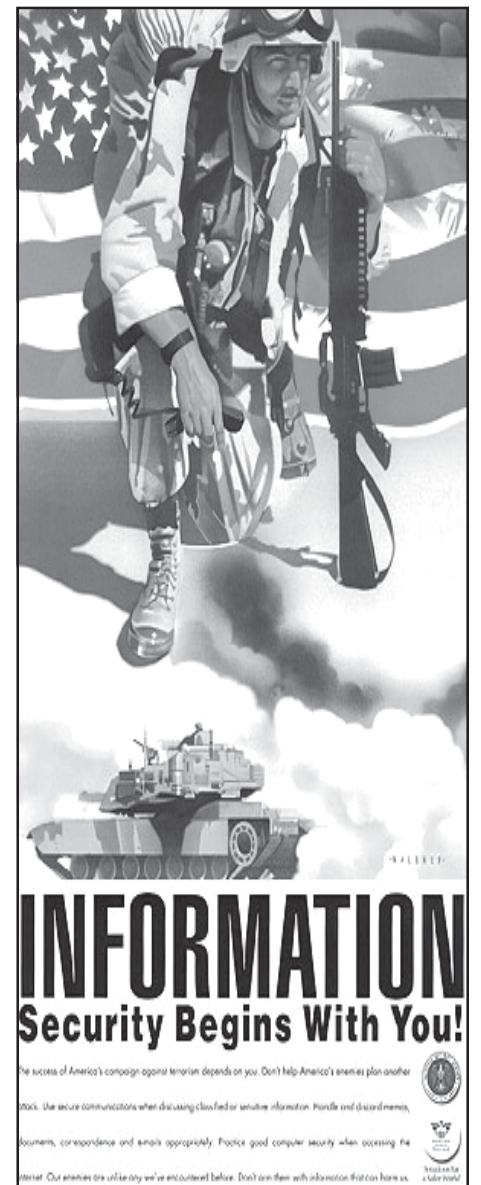
interest to arrange a few extra days if you need them.

6. Do not rush into counseling. It's all right to let your emotions run their course. Not resolving all your feelings in three days or a week does not mean you should seek help. You should only seek help if those feelings, emotions, and stressors make it impossible for you to function in your daily life. If after a year grief still causes you more "down" days than "up" you might want to see a grief counselor.

7. It's OK to embrace your faith and it is OK to question it. Your spirituality and faith life doesn't happen in a vacuum. When traumatic events occur in our lives it's all right to search for meaning. Your faith can be a wellspring of hope and healing to draw from. However, beware of "pat" answers to tough questions. "God made it that way" or "It was God's will" may not be the best answer for you. It's OK to live with a little doubt and struggle with God. God's big enough... God can handle it.

8. Know you are not alone. You may feel like you are alone, and that there is no one who feels the exact way you do, but you have family and friends who want to help. Let them. Accept gifts of food and favors. They will feel better for helping you, and you will feel better for being helped. And when they have that tough time in life your opportunity to help will be there for you.

May you find these "rules" helpful in your time of need. May God's blessing surround and protect you always.





# Veterans' Assistance

## NGB, VA sign agreement

DANIEL McHALE  
STATE BENEFITS ADVISOR - CT

*Editor's Note: This is the second of a two-part article. The first part ran in the February issue of the Guardian.*

Memorandum of Agreement between the National Guard Bureau and the Department of Veterans Affairs

1. Purpose. The purpose of this Memorandum of Agreement (MOA) is to define the mutually agreed upon requirements, expectations, and obligations of the National Guard Bureau (NGB) (which includes the Army National Guard (ARNG) and the Air National Guard (ANG)) and the Department of Veterans Affairs (VA) (which includes the Veterans Benefits Administration (VBA) and the Veterans Health Administration (VHA)) regarding the assistance for services and benefits to National Guard personnel returning from theaters of combat operation and separating from active duty.

2. Background. It is recognized that the Department of Defense (DoD) and VA are providing seamless transition services to veterans upon their return from Operation Enduring Freedom, Operation Iraqi Freedom, and other mobilizations in support of the Global War on Terror (GWOT). This MOA will focus on the services provided and augment the current ongoing and comprehensive efforts to ensure that our military veterans and their families are honored for their service to our nation and receive VA services and benefits they have earned.

### 3. Responsibilities.

#### a. The National Guard Bureau will:

(1) Designate a point of contact (POC) at the national level to work interactively and collaboratively with VA.

(2) Establish opportunities for VA personnel to provide information on VA benefits and services to returning Guard service members and family in the states and territories.

(3) Provide VA with timely, appropriate data regarding the demobilization of NGB service members such that VA knows "where and when" groups of demobilizing service members will return to their local communities.

(4) Promote Family Activity Days where VA personnel will provide information on VA benefits/services within three to six months

of a unit's return from mobilization or as part of their normal drill schedule. Where possible, such activities should be organized on a regional basis. This activity day will provide service members and their family's assistance in understanding the process for enrolling in VA health care system and applying for other VA benefits and services.

(5) Assist Employer Support to the Guard and Reserve (ESGR) groups to be aware of and encourage employer involvement with VA programs and benefits.

#### b. VA will:

(1) Designate a POC at the national level to work interactively and collaboratively with NGB.

(2) Designate POC's at the Veteran Integrated Service Network (VISN) and the Regional Office level to work interactively and collaboratively with state and local Guard officials. These POC's will facilitate the communication of information on VA benefits and services to Guard service members and families in the states and territories.

(3) Support Family Activity Day functions with necessary and appropriate VA personnel and/or information materials.

(4) Collaborate with individual State Directors of Veterans Affairs to facilitate cooperation with state and local National Guard organizations.

#### c. Both organizations will:

(1) Maintain routine, regular contact to exchange information and identify and solve problems.

(2) Collaborate to develop concepts and procedures to improve communication and services, e.g., consideration of electronic medical records when service members transition from active duty to veteran status.

4. This MOA will remain in force until either party determines that it is no longer required.

The MOA is signed by Lt. Gen. H. Steven Blum, Chief, National Guard Bureau; Jonathan B. Perlin, Under Secretary for Health, Department of Veterans Affairs and Daniel L. Cooper, Under Secretary for Benefits, Department of Veterans Affairs.

This is a work-in-progress and collectively, considering all the Federal, State, Organizational and Community resources available, we can't fail. With this understanding, I'm sure you will all agree, that what ever the issues that need to be addressed, will be.



## "CELEBRATING CT WOMEN WHO SERVED IN THE ARMED FORCES"

**MARCH 17, 2006**

**10:00 a.m. to 2:00 p.m.**

**Hosted by the  
Connecticut Department of Veterans' Affairs  
In the Auditorium At  
287 West Street  
Rocky Hill, CT**

**VA & STATE BENEFITS! HISTORY! HEALTH ISSUES! WOMEN VETERAN PROGRAMS!**

### GUEST SPEAKERS:

GOVERNOR M. JODI RELL

BRIGADIER GENERAL WILMA L. VAUGHT, USAF (Ret.)

PERMANENT COMMISSION ON THE STATUS OF WOMEN

**REGISTRATION REQUIRED**

**LUNCH WILL BE SERVED**

Please R.S.V.P. by March 3, 2006. Call 1-866-928-8387, Ext. 5939 or email  
Robert.norman@po.state.ct.us.



## SOMEWHERE...

a bugle softly sounds  
The message of renown,  
And some inside their buildings wait  
Until the flag comes down.

And others run to get their cars  
Quite harrowed or dismayed,  
Afraid they will not reach the gate  
Before retreat is played.  
Not thinking of the flag or those  
Who fought to keep it flying.

How many would be glad to stand,  
Whose bodies now are mute,  
Or have no hand that they might raise  
And stand in proud salute.

So accept it not as duty  
But a privilege even more  
And receive it as an honor  
Instead of just a chore.



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# Guarding Your Rights

## Legal Affairs: *Privileged communications: Why? When?*

CAPT. JOSEPH T. CORRADINO  
COMMAND JUDGE ADVOCATE  
143<sup>RD</sup> AREA SUPPORT GROUP

Ordinarily, a person subpoenaed must testify to everything he knows about a subject, for "every man must give his evidence." This includes things that someone told him.

The law recognizes, however, that some relationships are unique and that communications within them are not generally subject to disclosure. Laws vary from state to state and these privileges are not unlimited and must be carefully guarded.

**Attorney-client privilege:** In order to offer sound advice, lawyers must have all information available. Accordingly, those things which a client reveals to an attorney from whom he seeks advice are not generally disclosable by the attorney without the consent of the client. This includes admissions to criminal conduct or facts which might be unfavorable to a client's case.

There are limits to this privilege. Attorneys may not assist a client in committing a crime and conceal it behind the privilege. Lawyers are also forbidden to assist a client in committing perjury. The privilege only applies to communications within the attorney-client relationship. Personal conversations or casual

conversations on legal topics with lawyers are not protected. Advice from a legal assistance JAG usually occurs in the context of an attorney-client relationship and is protected by the privilege.

**Priest-penitent privilege:** The law respects conscience and belief and avoids intruding on the practice of religion. To this end, it treats as privileged certain confidential communications with clergymen.

Historically, this privilege arose to protect sacramental confessions. The modern rule extends the protection to all communications with ministers of religion for the purpose of spiritual guidance. Spiritual counsel from a military chaplain is protected by this privilege if sought in the chaplain's capacity as minister of religion.

**Medical Privileges:** Like lawyers and clerics, medical and psychological professionals require information to provide accurate diagnosis and treatment. Consequently, communications with them are privileged. The protection of the privilege necessarily extends beyond the immediate treating personal to lab technicians and others upon whom the doctor relies in providing treatment. Mandatory military medical examinations, however, are not protected from use by the armed services in determining fitness for duty or retention.

**Spousal Privilege:** The law long ago determined that compelling spouses to give

evidence against one another presents an undue strain upon the marriage. It therefore protects statements of one spouse made to the other within an existing marriage.

This privilege does not extend to domestic violence crimes perpetrated within the spousal relationship, communications in cohabitation relationships, or communications made after the dissolution of a marriage.

**Waiver:** No privilege is absolute. A privilege belongs not to the professional, but to the client, penitent or patient and he may waive it intentionally or accidentally. The privilege may be lost if the holder reveals the communication to some third person, someone overhears it (even a child if he is old enough to hear and repeat it), or if the speaker brings suit against the professional with whom he communicated. Confidential communications stay that way only when carefully guarded. Be careful and watch who is listening!

*This article is not intended as and does not constitute legal advice. Specific legal issues are unique to each person and factual situation. Persons with legal issues are encouraged to personally consult with an attorney.*



NGACT:  
Working  
for you



## Annual Conference & Awards Banquet

The Annual NGACT Conference and Awards Banquet will be held on Saturday, March 25 at the Marriott in Rocky Hill.

Registration for the conference is \$20 in advance or \$25 at the door. The banquet is \$40 and includes petite filet mignon and baked stuffed shrimp - you get both!

The conference registration begins at 7:30 with continental breakfast being served. The conference will begin at 9 a.m. and end at 3:30 p.m. Lunch is also included.

Many speakers have been lined up for the event, and we are still waiting for confirmation on our keynote speaker.

There are several positions up for election this year. They are: President-Elect (must be an officer), Secretary, Treasurer, Army At-Large (2 positions) Air At-Large (2 positions) and two one-year, unexpired terms to fill: Air Enlisted and Air Junior Enlisted. If you are interested in any of these positions, contact any Board members or email NGACT at ngact2005@yahoo.com.

This year's banquet has been changed to include an awards presentation. The banquet begins with a social hour at 6 p.m.

Honorees this year include: Soldier of the Year, Airman of the Year, Army and Air NCO of the Year, Senior Airman of the Year, Air Senior NCO of the Year, Air First Sergeant of the Year, Air Junior Officer of the Year. They will receive certificates of recognition from NGACT and medallions from USAA.

Also being recognized are several state and national legislators: State Rep. Len Greene, State Rep. Al Adinolfi and Congressman John Larson. Larson's Military Legislative Aide in D.C., Neil McKiernan will also be recognized.

Command Sgt. Maj. (Ret.) Anthony V. Savino will be receiving the first Outstanding Retiree Award. USAA will also be honored as the outstanding corporate sponsor for their sponsorship of this year's events and their annual contributions to our scholarship fund.

Discounted room rates have been set by the hotel. Upon receipt of your registration, you will receive the reservation code.

The day before the state conference, March 24, Area 1 of the Enlisted Association of the National Guard of the U.S. (EANGUS), will be holding its annual spring caucus at the same location. This caucus brings in representatives from all of New England, New York and New Jersey.

Information and registration forms may be found on our Website: [www.ngact.com](http://www.ngact.com).

Registration forms are also in this edition of the *Guardian*.



WAYNE E. TRAVERS JR.  
CTESGR PUBLIC AFFAIRS OFFICER

It's common knowledge in business that good communications is a key aspect of effective management. Managing employees is challenging enough under ideal conditions, but the added commitment of military service can complicate matters. That's why it's important that employers and their employees who serve as Guardsmen and reservists initiate a conversation about military service at the earliest possible opportunity rather than as a last resort when an employee has been mobilized for active duty.

Here are some ideas for starting a conversation about employee military service:

- Employees should encourage their employers to learn more about the role of the National Guard and Reserve. Invite your employer to your unit's open house or to public functions at local military units.
- Employers should ask employees what they do as reservists and how they fit into the "big picture" of national defense. Employees can invite their employers on

## Military service and civilian employment: Starting the conversation

a "Boss Lift," where participants tour a military base to witness activities their Guardsmen and reservist employees perform during a weekend drill or annual training.

- Employers should get to know their employees' military commanders and supervisors. Remember, ESGR representatives are available to arrange an introduction between an employee's unit commander and the employer.

- To help supervisors plan and manage workloads, employees should provide their employers with annual military duty schedule or yearly training calendar to make alternative arrangements and to work out conflicts as early as possible.

- Many employers are proud to support their employees who serve, and they can illustrate their support by signing and displaying a Statement of Support for the National Guard and Reserve. These certificates can be obtained from the National or Connecticut ESGR committee or the ESGR Web site - [www.esgr.org](http://www.esgr.org).

- Employees should review company personnel policies to see how they accommodate and support participation in

the National Guard or Reserve. For example, do they include provisions for military leave of absence (exclusive of earned vacation time)? Do they ensure job opportunities and benefits equivalent to those of other employees? ESGR representatives can provide employers with guidance for personnel policies and information about what other businesses are doing to accommodate National Guard and Reserve members in their workplace.

While good communications about military service can often avoid problems before they occur, employers should accept that there may be occasional challenges concerning the employment of those who answer the call to duty.

Both employees and employers should seek to resolve those challenges as soon as they arise and ESGR volunteers are always available to help find solutions. Contact us at [www.esgr.org](http://www.esgr.org) or call 800-336-4590.





# Inside OCS

## Leading Soldiers not only privilege, but art form

OC WILLIAM GRUNER  
OCS CLASS 51

Officer Candidate School (OCS) is a challenging and rewarding way to become a commissioned officer in the Connecticut Army National Guard. This 15-month program is sure to offer a unique experience to its students no matter what their military background. I decided to go to Officer Candidate School for a few reasons.

First of all, I understand that the Army National Guard needs officers. I feel that if I am qualified then I should go for it. I truly believe that all members of the Guard should do their part to help out our organization when it is needed.

The main reason why I decided to attend OCS is that I have always wanted to be a commissioned officer. From the time I was enlisted in the Marines to now, I have always envied people in the officer's ranks.

Leading Soldiers is not only a privilege but it is an art form. I am sure that if you are in the military, any branch, you have seen leaders that are anywhere between horrible and awesome. I have been inspired by both good and bad leaders to want to be the best leader that I can.

The good leaders have given me the drive to want to be like them and be as successful as they are; the bad leaders that I have come across have inspired me to ensure that I will always be better than them, and to never make the same mistakes that they have. If I can take traits from the good officers I have known, learn valuable lessons from the bad ones, combine the two and apply it all to

my future as an officer, I know I will accomplish any goal that I set for myself as an officer.

Since attending OCS I have really come to enjoy and anticipate drill weekends. Anyone who knows me casually has heard me say that OCS is the best school I have ever attended in my nine years in the military. There are a couple of reasons for this; first, it is not a typical military school in the manner that we don't just sit there all day and have information thrown at us just so we can regurgitate it later on an exam. We learn the classroom material, then we usually put it through a practical application, and then an examination. The difference between that and a normal military school is that we don't just do a "brain dump" after the exam. All the material that we learn builds upon itself and is needed in the future.

The second way that I think OCS differs from any other school is that the students have many more responsibilities than a regular school. We are responsible for using our Candidate S-3 to get the classroom material ready for the instructors, setting up the classroom itself, using our Candidate S-4 to order any training materials or supplies we are going to need for the weekend; our PT officer develops and implements a physical training schedule for the weekend, and the list just keeps on going.

On top of all that, we have a student chain of command that is responsible for making sure all these tasks and many more are complete and done correctly.

The TAC staff is there to train us and

provide guidance on how to do these tasks and what we should have done better. (As well as provide us with the motivation to do it correct if something is all jacked up) As it is usually put by them, "It's your ship, we are just here to help you steer it."

The class is much more interactive than just sitting there, and it is a great way to learn the basics of how these tasks are taken care of in a unit environment.

I hope that by attending this challenging and exciting school and becoming a commissioned officer I will someday be able to influence my Soldiers in a positive way like many of the officers I have known have done for me. If I am able to take all my experiences and use them to provide a positive role model to the Soldiers that I lead I believe that I will have accomplished my main goals as an officer.

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1LT Shaun O'Dea or 1LT Corey Holmes  
(860) 691-4216  
OCSCT@ct.ngh.army.mil

## Why Diversity?

### March is Women's History Month

CAPT. AMY FLYNN  
SEEM

Traditional history focuses on political, military and economic leaders and events. Unfortunately this view has often excluded the large number of women and minority citizens that comprise American society. It is important to expand the focus of history to include the contributions of all. Every March the country celebrates the accomplishments of women throughout American history.

Since 1910, March 8 has been observed as International Women's Day. In 1978, a California school district started Women's History Week to promote the teaching of women's history. In 1980, President Carter issued the first Presidential Proclamation calling on the American people to remember the contributions of women. By 1987, fourteen governors had declared March as Women's History Month, and that same

year, Congress and the President followed by declaring March as National Women's History Month.

Women's History Month provides an opportunity to reflect, embrace and celebrate the achievements of courageous women, both past and present, from all walks of life. The study and publication of women's history also provides a wealth information and a number of new role models for today's young people and for adults as well.

In celebration of March as Women's History Month, the Connecticut National Guard will be participating in the Connecticut Department of Veterans' Affairs-Connecticut Women Veterans Reunion. The year 2006 marks a return to the tradition of the Connecticut Department of Veterans Affairs hosting an annual event to honor Connecticut women veterans throughout the state. More than 14,500 women living in Connecticut have served in the military.

This event is planned to honor their service to the nation and provide information on services and programs available to the state's women veterans. The Connecticut Women Veterans Annual Reunion will be held at the State Veterans' Home located in Rocky Hill, Conn. on Friday, March 17 from 10 a.m. to 2 p.m. Confirmed keynote speaker for the event is Brig. Gen. Wilma Vaught, President of Women in Military Service for America Memorial Foundation, Inc.

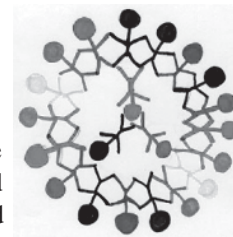
In the past, more than 300 have attended this informational event. The event will be filled with valuable information about veteran's benefits. A large portion of the program will focus on special health concerns, post deployment programs, healthy living, and the Veterans Administration Women Veterans Health Clinic at West Haven.

The Connecticut Department of Veterans' Affairs recognizes the fact that women

comprise a large portion of the National Guard and Reserve Force and has put together the program with a

special focus on outreach to them. In addition to the Connecticut Department of Veterans' Affairs and the Connecticut National Guard, program involvement includes the Permanent Commission on the Status of Women, VA Connecticut, United States Postal Service, Central Connecticut Health District and Connecticut Community Colleges to bring the most up to date information to women veterans!

For more information pertaining to the Connecticut Women Veterans Annual Reunion, please contact Capt. Amy Flynn, State Equal Employment Manager at 878-6718 or Sgt. Ivette Rosario at 678-6721.



# Health & Fitness



## Medical Notes

LT. COL. ROBERT CODY  
SAFETY AND OCCUPATIONAL HEALTH MANAGER

Can you see the dangers in your workplace?

Accidents at work are a major cause of preventable blindness. Each day, more than 2,000 workers suffer serious eye injuries, many of which are serious. This is an important issue for both workers and employers. Eye injuries account for more than \$300 million a year in lost production time, medical expenses and worker compensation, says the U.S. Department of Labor.

About 1 in 10 injuries require one or more missed workdays to recover from. Of the total amount of work-related injuries, 10-20 percent will cause temporary or permanent vision loss. Nearly 1 million Americans have lost some degree of sight to an eye injury. Experts believe that the right eye protection could have lessened the severity or even prevented 90 percent of eye injuries in incidents.

### Common causes for eye injuries are:

- Flying objects (bits of metal, glass)



## March is Workplace Eye Health and Safety Awareness Month

- Tools
- Particles
- Chemicals
- Harmful radiation
- Any combination of these or other hazards

### There are three things you can do to help prevent an eye injury:

- Know the eye safety dangers at work—complete an eye hazard assessment
- Eliminate hazards before starting work. Use machine guarding, work screens, or other engineering controls)
- Use proper eye protection.

### Safety eyewear protection includes:

- Non-prescription and prescription safety glasses
- Goggles
- Face shields
- Welding helmets
- Full-face respirators

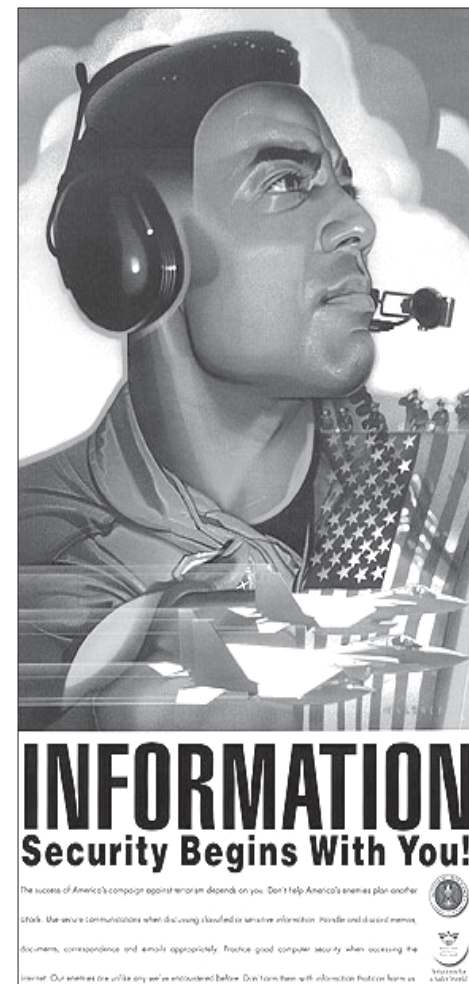
The type of safety eye protection you should wear depends on the hazards in your workplace. If you are working in an area that has particles, flying objects, or dust, you must

at least wear safety glasses with side protection (side shields).

If you are working with chemicals, you should wear goggles. If you are working near hazardous radiation (welding, lasers, or fiber optics) you must use special-purpose safety glasses, goggles, face shields, or helmets designed for that task.

- Safety eyewear must have “ANSI Z87” clearly marked on it and should be worn whenever there is a potential eye hazard.
- All employees should know the location of the nearest eye wash station and how to use it.
- Workers should be notified immediately if safety hazards are discovered.
- Employees should have regular eye exams to ensure their vision is adequate for them to safely perform their jobs.
- People with reduced vision should ask their employers for prescription safety glasses or goggles.

For more information, contact the CTARNG Safety Specialist, CW2 Ken Jambor at 860-386-4071 ext 153 or email at [kenneth.jambor@us.army.mil](mailto:kenneth.jambor@us.army.mil).



## Combating Substance Abuse: Pursuing a high: Abusing prescriptions

CW4 TONY UVA  
SUBSTANCE ABUSE PREVENTION EDUCATION OFFICER

Misuse of prescription drugs can put your military career in jeopardy! Most people who use prescription drugs take them under the care and advice of their doctors. However, the non-medical use of prescription drugs is becoming an increasing public health concern.

According to a National Survey, non-medical use of prescription drugs ranks second only to marijuana in illicit drug use among adults and youth. The survey found that more than 6 million Americans abused prescription drugs, and of these more than 70 percent used painkillers. The survey suggests that the abuse of prescriptions drugs is as pervasive as the use of cocaine and heroin combined.

There are three classes of prescription drugs that are most commonly abused: **Opioids, CNS Depressants, and Stimulants.**

**Opioids** are the most commonly prescribed because of their effectiveness in relieving strained muscle pain. Medications that fall into this class are sometimes referred to as “narcotics” (Morphine, Heroin, Codeine, Hydrocodone, and Oxycodone) some street names are (Oxy’s, OC’s, Killers, Poor Man’s Heroin, and Hillbilly Heroin). Because of their narcotic properties, individuals abuse these prescription drugs to gain a euphoric high (a feeling of elation or well-being). Heroin addicts may also take this drug to avoid the

withdrawal symptoms associated with heroin.

**CNS (Central Nervous System) Depressants** which are used to treat anxiety and sleep disorders can be divided into two groups (Barbiturates and Benzodiazepines) some street names are (Reds, Red Devils, Yellow Jackets, Rainbows, Goof Balls, Green Dragons and Peanuts). These types of prescription drugs act by attaching itself to specific proteins found in the brain, spinal cord and gastrointestinal tract. They block the transmission of pain messages to the brain and they cause the brain to perceive a feeling of pleasure. Long-term use can lead to dependence and addiction and depending upon the amount of drugs taken will depress respiration and he or she will eventually stop breathing.

**Stimulants** which are prescribed to treat the sleep disorder narcolepsy, attention deficit hyperactivity disorder (ADHD) and obesity. Medications that fall into this group are (Amphetamines) street names (uppers, speed or cocaine). Stimulants historically were used to treat asthma, respiratory problems and a variety of other ailments. Stimulants enhance the effects of chemicals in the brain. They increase blood pressure and heart rate, constrict blood vessels, increase blood glucose, and open up the pathways of the respiratory system. Typically these types of prescription drugs should not be combined with other substances, such as alcohol, antihistamines and barbiturates, this combination can increase the risk of

respiratory or heart failure.

Since prescription drugs are controlled substances (i.e. they require a prescription), a variety of illegal techniques are used to obtain the drug. Pharmacy diversions, dishonest physicians, “doctor shopping,” (where a patient gets prescriptions from multiple physicians), fraudulent prescriptions, and robbery are all used everyday. The profit margin associated with these illicit sales is enormous.

Illegal acts by physicians and pharmacists are the primary source for availability on the illicit market. In many cases, doctors or pharmacists create fraudulent prescriptions in order to obtain the drugs for their personal use or to provide associates with a supply for distribution purposes. Potential distributors or prescription drug abusers can also obtain large quantities of these narcotics by “doctor shopping.” They obtain several prescriptions in a short period of time and have them filled at various pharmacies.

Law enforcement officials are reporting increases in burglaries, thefts and robberies of pharmacies. In some cases known residents of the above prescriptions have been targeted.

Law enforcement officials are also becoming concerned about the rising use of the Internet to obtain and purchase prescription drugs and other

pharmaceutical controlled substances. Some Web sites have also been designed to facilitate the distribution of controlled substances, and have become popular with illicit drug dealers.

Computer technology makes it difficult to track sites that are selling these drugs. These new sites are able to go up, move, or be taken down very quickly. The DEA (Drug Enforcement Administration) plans to aggressively pursue pharmacies selling controlled substances illegally over the Internet, an effort that will include deploying modern Web crawler technology to search out those peddling prescription drugs online.

The Connecticut National Guard Substance Abuse Program in conjunction with the collection processing laboratory is well equipped to identify prescription drug abuse. Also if you are currently taking prescription medication you need to either finish the prescription or discard it. Putting left over prescriptions in your medicine cabinet for maybe a future date can be detrimental.

Because during an unannounced drug urinalysis test you are not going to be able to prove that you are currently taking a prescribed medication by a physician. Your test results will be returned from the lab as positive, and you can be discharged from military service.

If you feel that you or some other military member is in need of substance education or treatment, please contact your chain of command for guidance.



Commentary

DUIs can wreck lives, careers

BEALE AIR FORCE BASE, Calif. (AFPN) — My blues are crisp. My low-quarters are highly shined. My hair is freshly cut and my face is closely shaven. I appear the consummate Airman.

My palms are sweating. I have a meeting with my commander.

I enter the room trying to be cool and confident, but uncontrollably, my face flushes. There are so many other scenarios where reporting to the commander would be a proud moment.

I stand at attention saluting my commander. As my reporting statement leaves my lips my mouth feels as if I have just swallowed a cup of sand. The words are slow and forced. My head is spinning as I look into his eyes. The usually calming blue hue of his kind eyes have turned into something different.

I see red flames and feel the utter anger and disgust he feels toward me wearing the same uniform as him. He feels that I have disrespected my country, my Air Force, and my squadron. His voice is calm and confident. "What were you thinking?" Before I can speak, my mind is flooded with the memories of that night.

The night is cold and rain is falling all around me like little liquid spears. The fight I was in with my girlfriend has my blood flowing and my mind racing. The alcohol in my system does nothing to help calm me or collect my thoughts.

There are 85 miles between where I am and where I need to be. I could call Beale Airmen Against Drunk Driving or one of my co-workers and they will surely come to get me but I don't. I don't want to disrupt them. I'll just see how I do.

I get in the car; the ignition is difficult to find in my drunken stupor but I am finally able to find it and turn the key. My music is blaring, and I feel quite drowsy.

I'll just roll down the window. The cool air and rain hitting my face wakes me momentarily. I find my way out of the neighborhood and hit the freeway. The next hour and a half I go in and out of consciousness a few times, scaring myself.

I'm singing at the top of my lungs to stay awake; finally the alcohol and humming of the road take over.

Slam! My world is rocked by a loud crash, a plume of chalky air and my nose hurts. The airbags have deployed and I am confused about what exactly has happened.

I instantly try to restart the car. I am only 15 minutes from my friend's house and there is no way he will deny me sleeping there.

The car won't start and I am in a ditch. I turn off my headlights and decide that I will just walk to my destination. The car is totaled. Both the front and back of the car

are smashed into the cabin and miraculously I am uninjured.

No one will see the car and I'll get a tow truck to pick it up in the morning. I stagger down the road upset and confused until a black car stops and asks me if I need help. He says, "Hop in, I'll give you a ride." I get in and as he turns the car around he asks me, "Are you OK?"

Then he asks if I was involved in the car wreck. He tells me he has both good and bad news for me. I ask; "What's the good news?" not sure what exactly he means and he tells me that he picked me up. I inquire further. "What's the bad news?" He says he is an off-duty cop and he's taking me back to the scene.

My heart races and the only thing I can

think of is how to get myself out of this. They do not understand what I have been through tonight.

Next thing I know we are back at the scene. I only made it five miles before I was picked up. The police are amazed to see me unscathed after seeing the car and tell me I'm lucky. As they are putting me in cuffs and reading me my rights, I am not thinking that I am lucky, I'm thinking I'm screwed; my career is over. And in a way all that was true.

Any trust I had developed with my co-workers over the past six months is gone. There are going to be repercussions from this for the rest of my career. Every base I go to will know, "This is the guy that got the DUI." Enlisted Performance Reports will be low, encouraging more low EPRs.

When new people enter the squadron they are notified quite quickly that I am a troublemaker and someone not to be associated with. No matter that I have changed.

I want to be that same troop I was when I joined, full of promise and honor, morals and virtue guiding my everyday decisions. I must now try twice as hard to get half the distance as my peers. In the end "A man's character is his fate." — Heraclitus.

So keep your path filled with character that expresses our core values — "Integrity first, service before self, and excellence in all you do" and you will lead a successful life of no regret.

AIRMAN 1ST CLASS MARK BANNERT  
13TH INTELLIGENCE SQUADRON



12th Annual NGACT Conference  
and  
2nd Annual NGACT Awards Banquet

Saturday, March 25, 2006  
Conference Registration & Continental Breakfast: 7:45 a.m.  
Awards Banquet: 6 p.m.

Marriott Hartford- Rocky Hill  
100 Capital Boulevard, Rocky Hill, CT

Conference Keynote Speaker  
To Be Determined

Awards Banquet Keynote Speaker  
To Be Determined

NGACT Conference & Awards Banquet Registration

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Conference Registration: \$20 (\$25 at the door)

Banquet Registration: \$40  
(Perle Filet Mignon & Baked Stuffed Shrimp)

NGACT Annual Dues: \$6

NGACT Lifetime Dues: \$60

EANGUS Annual Dues: \$9

NGAUS Annual Dues: Based on Rank

Total Amount Enclosed: \_\_\_\_\_

Rooms are available at the Marriott for Friday and Saturday evenings at \$89 per night. Room reservation code will be sent upon receipt of conference registration.

Make checks payable to "NGACT" and send to NGACT Conference, 360 Broad St., Hartford, CT 06105-3795  
Email questions about the Conference and Awards Banquet to: ngact2005@yahoo.com

NGACT Working for You



# Retirees' Voice

## Keeping an eye on your benefits

SGT. 1<sup>ST</sup> CLASS (RET.) JOHN BEDNARZ

All the Army guys should have received their *Army Echoes* bulletin for September through December 2005. It highlights the open enrollment period for the Survivor benefit plan.

If you are enrolled you're fine, but if you're not, you should look into it.

Another article describes the changes to the TRICARE Uniform Formulary, where 11 drugs have been added to the formulary and seven have been removed.

I recommend that everyone read the *Army Echoes* or *Air Force Afterburner* as soon as they get them and read them from cover to cover. There is an awful lot of information in the bulletin.

The big news at the moment affects retirees under age 65. The DOD has proposed massive increases in TRICARE Prime and Standard enrollment fees and annual deductibles for those under 65.

Yet there would be no changes for Active Duty members, their family members or TRICARE for Life members.

For medications there would still be no charge at a Military Treatment Facility (MTF) but the retail prescription co-pays go from \$3, \$9 and \$22 respectively to \$5, \$15 and \$22. To induce you to go through

the mail order program, those fees go to \$0, \$9 and \$22.

The military Coalition of Veteran's Organizations is ready to swoop down on Congress and demand that these increases be stopped.

That is where you come in. Are you a member of one or more of the organizations that make up the Military Coalition? You could be a member of the military coalition by being a member of NGAUS and EANGUS, or NGAUS and NGAUS.

The clichés are not wrong. In unity there is strength. Of all the people that petition Congress for their cause, one of the most powerful of them is a group of organizations that are tied together by one thread and that thread is military service to our country.

Why not add your voice to the mix? It's not a lot of trouble and it's not too expensive and it makes such a big difference.

I would like to see all retirees be members of NGAUS and EANGUS or NGAUS.

Meanwhile the time is getting close to travel to Florida for the Connecticut National Guard Retirees of Florida get together. And this year, as soon as that ends we move over to the Nike Missile retiree's reunion down the road.

I look forward to seeing old friends again.



### 4<sup>th</sup> Annual Army-Air National Guard State Medical Conference Saturday, 8 April 2006 Camp Rell

All Medics / Nurses / EMT's / MD / DDS / PA's encouraged to attend

**Briefings:**  
PTSD: Who's Fit to Fight?  
Birding Babylon  
Infectious Diseases in Iraq  
The Poetry of PTSD  
Bird Flu: What YOU need to know

5 Continuing Medical Education Units for Participants

All conference fees / lunch provided by  
Recruiting and Retention Command, CTARNG

You MUST register to attend. FAX your registration to: 860-691-4258  
Questions: SFC Susan Burns, Medical Command, 860-691-4257

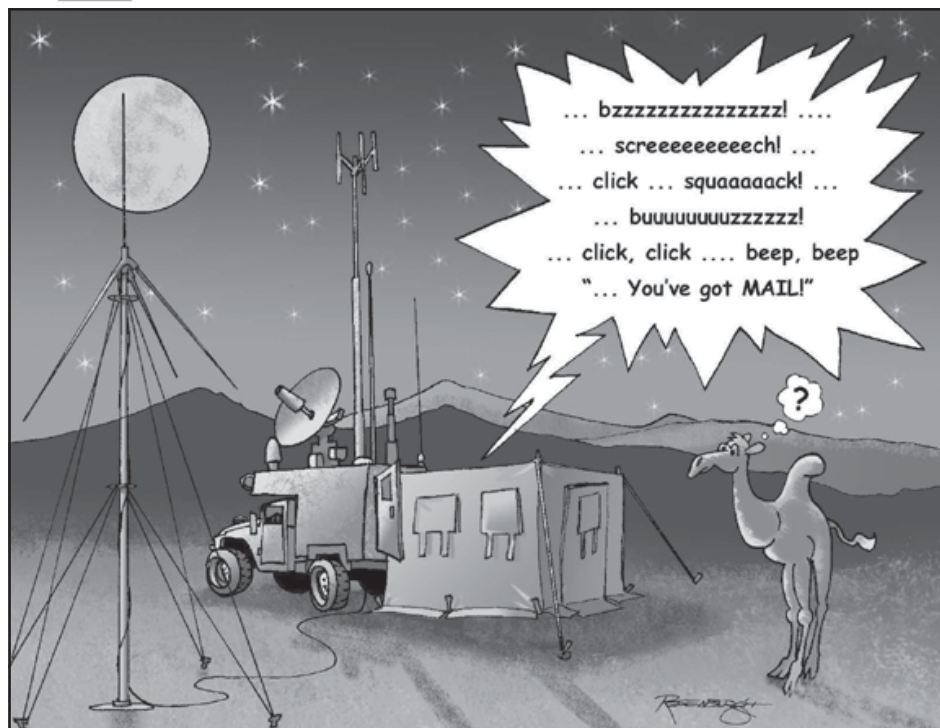
Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_

Medical Specialty: 91W-B RN PA MD DDS Other: \_\_\_\_\_

Email: \_\_\_\_\_

## 2nd Louie

By Bob Rosenburgh





# Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

## Army National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Maint. Test Pilot (Prod Control) Indef.	AVCRAD	GS-12	Mar. 6, 2006
Maint. Test Pilot Indef.	AVCRAD	GS-12	Mar. 6, 2006
Administrative Assistant Indef.	JFHQ-CT	GS-07	Mar. 7, 2006
Heavy Mobile Equipment Repairer	FMS 10	WG-09	Mar. 7, 2006
HR Spec. (Info. Systems) Excepted	HRO	GS-09/07	Mar. 7, 2006
HR Spec. (Info. Systems) Competitive	HRO	GS-09/07	Mar. 7, 2006
Electronics Mechanic	CSMS	WG-10	Feb. 27, 2006
Human Resources Asst. (Military)	HRO	GS-05	Mar. 15, 2006
Aircraft Mechanic Supervisor	AVCRAD	WS-10	Mar. 15, 2006
Supply Technician	AVCRAD	GS-06	Mar. 15, 2006
Heavy Mobile Equipment Repairer	FMS 8	WG-10	Mar. 22, 2006

## Air National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Flight Services Manager	103rd FW	GS-11	Mar. 2, 2006
HR Spec. (Info. Systems) Excepted	HRO	GS-09/07	Mar. 7, 2006
Human Resources Assistant Military	HRO	GS-05	Mar. 15, 2006
Accounting Technician	103rd FW	GS-07	Mar. 24, 2006

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

## Army National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
No Vacancies as of Feb. 27, 2006 Check the website for updates.			

## Air National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
CAT 1 Production Recruiter	103rd MSG/MSF	E-4 to E-6	Open AGR Nationwide
Security Forces Journeyman	103rd SFS	E-5	Open AGR Nationwide
Accounting Technician	103rd FW	E-6 and Below	On Board AGR Only

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

# Coming Events

## March

### March 2

Veteran's Lobby Day - LOB

### March 4

B/D 189th Avn. Freedom Salute

### March 4

102rd Fighter Wing Change of Command

### March 5-8

EANGUS Legislative Workshop

### March 8

NGACT Executive Board Meeting

### March 11

141st Medical Freedom Salute

### March 17

Women Veterans Reunion, Rocky Hill

St. Patrick's Day

### March 24

EANGUS Area 1 Caucus

### March 25

NGACT Annual Conference & Awards Banquet

## April

### April 1

208th PSD Freedom Salute

### April 2

Daylight Savings Time Begins

### April 13

Passover

### April 14

Good Friday

### April 15

Breakfast with the Easter Bunny

### April 16

Easter

# In future issues

Football Program leads to Conference Title

GWOT Veterans honored with Freedom Salute

Ethics in Military, Life

Transformation Series Continues

Deadline for submissions is the 15th of the month previous to publication.

For Bradley Airbase BRAC Information,  
vist the  
NGACT Website at  
[www.NGACT.com](http://www.NGACT.com)



**2nd annual**

# **BIG BAND DANCE**

## **to benefit**

# **CNG Foundation**

**Live music by**  
**2GFG Dance Band**

**A 17-piece band for patriots of all ages**  
**Playing favorites from Lionel Hampton to Lionel Richie**

***With a dance exhibition by***  
**The Rhythm Rousers**

**Friday, March 10 . . . 7-11 p.m.**  
**\$20 includes hot/cold hors d'oeuvres**  
**Zandri's Stillwood Inn, 1074 S. Colony Road,**  
**Wallingford (I-91 Exit 13, turn right, next to Vinny's)**

**For tickets or more info:**

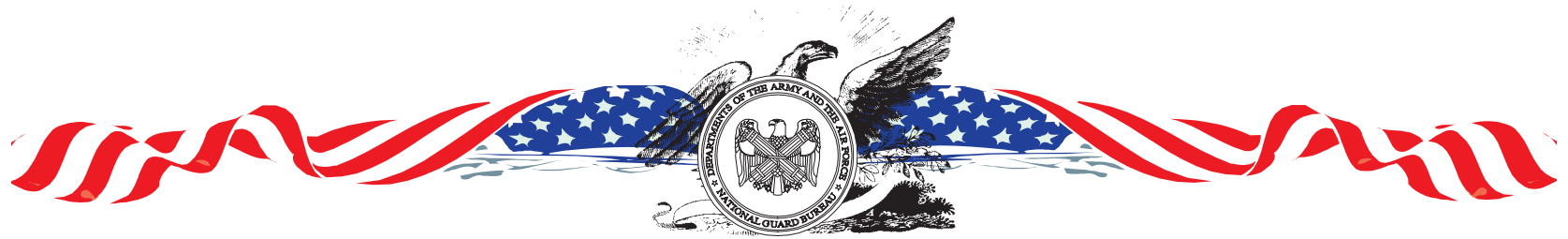
**CW4 John DePastino, (203) 757-4113, jjdep@hotmail.com**

**SFC Joseph Nuzzo, (203) 469-6986, jnuzzo@snet.net**

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 Hartford, CT  
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# Family Deployment Supplement to the Connecticut Guardian

VOL. 7 NO. 3

HARTFORD, CT

MARCH 2006

## Nominate an Outstanding Military Family for the NMFA Family Award

Military families know that military service is not a job, it's a lifestyle. While this lifestyle provides endless opportunities for adventure and learning, at the same time families are subject to unique challenges. The NMFA Family Award provides an opportunity to recognize those families who have made the most of the adventure and conquered the challenges.

The NMFA Family Award is given to 12 families who exemplify the best of the military family lifestyle. Each winning family will receive \$500. Additionally, one winning family will be chosen as the NMFA Family of the Year and will receive \$1000 and a trip to Washington, D.C.

### Who is eligible to be nominated?

Any active duty, reserve component, or retired family of the Army, Navy, Air Force, Marine Corps, Coast Guard, or commissioned corps of NOAA or the Public

Health Service, as well as the families of fallen servicemembers, or families of wounded servicemembers who were injured in the line of duty within the past three years and have since been discharged.

### Who can nominate?

Anyone. This is your time to tell your personal story or recognize a special family that you know. We only require that you be at least 18 years of age to submit a nomination. Military families often feel that what they do on a daily basis is nothing extraordinary. We disagree. This is your time to boast; don't be modest. Take a look at your family's achievements or those of a military family you know and complete a nomination today!

### What charitable organizations can receive the Family Award Contribution?

Any charity whose work benefits military families can receive the award contribution



with two exceptions. Charities in which a member of a winning family is a principle stakeholder are not eligible to receive the donation. Additionally, the Department of Defense stipulates that the military cannot receive money from private organizations. Therefore, we cannot make contributions to many of the federally funded family programs and organizations on or off the military installation.



*Thank you,  
Families, for  
all that you  
do and all  
that you  
sacrifice.*

*We are  
indebted to  
you.*



## COMMISSARY & EXCHANGE DIRECTORY

Here is a current directory of area commissaries and exchanges along with their phone numbers. Always call ahead to verify hours as they may change without notice. A valid i.d. card is necessary to use these facilities. Contact your unit administrator if you or your dependants need a card. If you have trouble, contact the State Family Program Office at 1-800-858-2677.

### AIR NATIONAL GUARD

East Granby  
TUESDAY – FRIDAY:  
10:00 – 5:00  
SATURDAY: 10:00 – 4:00  
SUNDAY & MONDAY: Closed  
UTAs: Open Saturday &  
Sunday: 10:00 – 5:00  
Phone: (860) 653-6994

### COAST GUARD STATION

120 Woodward Avenue  
New Haven, CT  
MONDAY – FRIDAY:  
9:00 – 4:30  
SATURDAY: 9:00 – 2:00  
SUNDAY: Closed  
Phone: (203) 468-2712

### CAMP ROWLAND POST EXCHANGE

MONDAY: Closed  
TUESDAY – SATURDAY:  
10:00 – 5:00  
SUNDAY: 10:00 – 4:00  
Phone: (860) 739-9672

### COAST GUARD ACADEMY

New London  
MONDAY – FRIDAY:  
9:00 – 5:00  
SATURDAY: 9:00 – 3:00  
SUNDAY: Closed  
Phone: (860) 444-8488

### WEST POINT, NEW YORK

Exchange Hours:  
SATURDAY – WEDNESDAY:  
10:00 – 6:00  
THURSDAY & FRIDAY:  
10:00 – 7:00  
Phone: (914) 446-5406  
Commissary Hours:  
MONDAY: Closed  
TUESDAY & WEDNESDAY:  
10:00 – 6:00  
THURSDAY: 10:00 – 7:00  
FRIDAY: 10:00 – 6:00  
SATURDAY: 9:00 – 5:00  
SUNDAY: 11:00 – 5:00

### SUB BASE, NEW LONDON

Exchange Hours:  
MON., TUES., WED.,  
FRI.: 9:00 – 6:00  
THURSDAY: 9:00 – 7:00  
SATURDAY & SUNDAY:  
9:00 – 5:00  
HOLIDAYS: 9:00 – 4:00  
Phone: (860) 694-3811  
Commissary Hours:  
MONDAY: Closed  
TUE., WED. & FRI.: 9:00 – 6:00  
THURSDAY: 9:00 a.m. – 10:00 p.m.  
SATURDAY: 8:00 – 5:00  
SUNDAY: 10:00 – 5:00

## Upcoming Holidays

March 17: St. Patrick's Day

April 9: Palm Sunday

April 13: Passover

April 14: Good Friday

April 16: Easter

May 14: Mother's Day

May 19: Armed Forces Day

May 29: Memorial Day



CATHERINE GALASSO

## God is With Us

Long before I was old enough to understand why, I knew that God was always with me, guiding me and directing my footsteps... and He is with you, dear Soldiers.

One summer when I was a little girl, my mother and I were at the beach on the New Jersey shoreline. Mother, who loved the water, was a good swimmer and moved in the water with comfort and ease. She swam in the bright blue seas happily, while I, at just six years old, had gotten only my feet wet as I merrily played close to shore.

Suddenly and without warning, the sun disappeared and the sky turned dark. Crashing waves looked sky-high and the winds blew sand into my eyes. In the ocean's vastness, I started calling out, "Mom? Mommy, where are you?" I heard not a voice. Again, I screamed, "Mommy! Mommy!"

Through the undertow of the waves, I saw her straining to swim to shore. I was shoulder-deep into the water, as I tried desperately to reach her. The waves kept pulling Mother farther and farther back into the ocean's roar.

Finally, with outstretched arms, my hand touched hers and we both dragged ourselves onto the sandy beach. The rocks had cut her legs from the many times the current pulled her underwater as she strained to reach me. But we were safe. I was shaking and shivering from fright, and my mother held me tightly in her arms and calmly said, "Don't worry, my child, God is with us."

There have been many times, even now that I am grown, that I have felt like that little, frightened girl on the beach. But the good Lord has always shown me the way. And I still know that God is always, always with us.

I know now that the difficulties we face are like the sharp rocks and the ocean's undertow. But by taking my mother's advice not to worry, I find that they can be used as stepping stones of God's grace to

carry me onto the place where God desires me to be. God is the only safe harbor from the storms of life. And as a reader wrote via e-mail, "I know if I leave my problems to the Lord, things will work out."

In Him I have found, the greatest joy, the indescribable blessedness of my existence. The realization that He is with me everywhere is one of the most glorious facts of my life.

During challenging times, I know that this turbulence is necessary to develop strength of character. What does the stormy sea do? It brings up all the flotsam and jetsam of useless things and casts it out. Difficulties help me to know what I consider not important in life, to cast it out and to take hold of unshakable faith in God. And the insight that results from suffering gives me compassion for others. I listen to the still, small voice within. It has never led me wrong.

I once read that when Abraham Lincoln pondered a problem, he relied on God to talk to him. Lincoln was purported to have said, "I fell on my knees many times, simply because there was no where else to go." God led him to do what was right, and brought freedom to so many people. My hope is that these words will comfort and encourage you, and let you know how grateful we are for the sacrifices you make, dear Soldiers for our freedom. You are in our loving prayers.

Let's take comfort in the Sustainer of us all. Discover anew, beneath the sometimes-tumultuous surface of life, the unchanging assurance of our Heavenly Father. His omnipresence is with us; His stabilizing Word that says, "I am with you, even in you," and His unstoppable, triumphant faith that is so uplifting and inspiring we find ourselves continuously walking in victory.

I thank God for the wonderful opportunity to know Him. Finally and above all, anchor your heart onto the promises of God and you will find, as I have found, so many, many times "God is with us."

*Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of "A New You, Words to Soothe the Body, Mind and Spirit," in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at [anewyou@snet.net](mailto:anewyou@snet.net) © Catherine Galasso, 2006*

## Connecticut National Guard Foundation Inc

The Connecticut National Guard Foundation Inc announces its 2006 scholarship program. This year the foundation will award a total of four scholarships.

1. A single \$3000.00 scholarship honoring SGT Felix Delgreco Jr. will be awarded to a son or daughter of a member of the Connecticut ARMY National Guard.
2. Three \$2000.00 scholarships will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses.

Application forms may be found on the Foundations web site at: [www.ctngfoundation.org](http://www.ctngfoundation.org)

Additional Information:

1. Complete application packets must be postmarked no later than **15 May 2006**
2. The selection committee will choose students based on achievement and citizenship
3. You must be enrolled in, or planning to enroll in a regionally or nationally accredited degree or technical program
4. Mail application form and completed package to:

CTNG Foundation Inc.  
Attn: Scholarship Committee  
360 Broad Street, Hartford Armory  
Hartford, CT 06015

5. Please contact the foundation at (860) 241 1550 or e-mail [ctngfi@sbcglobal.net](mailto:ctngfi@sbcglobal.net) for further details.



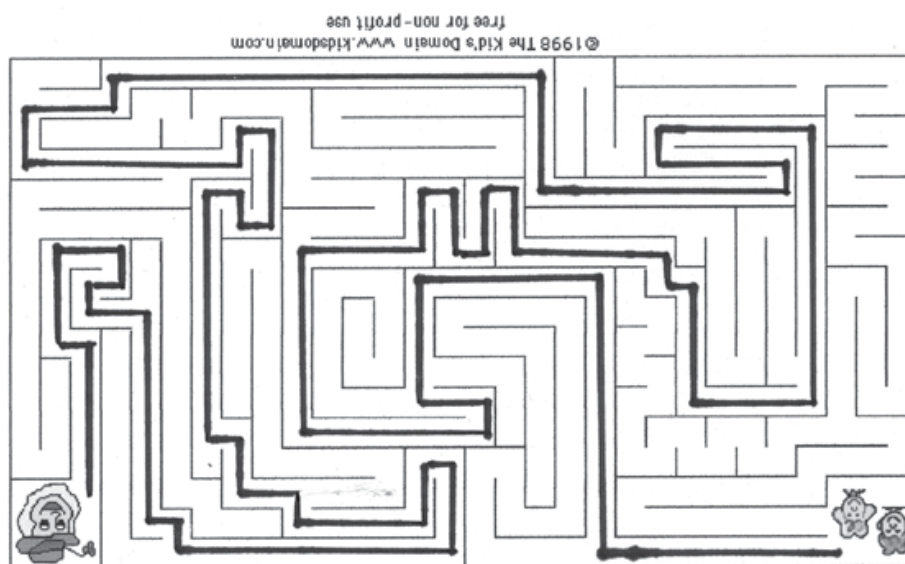
## HANDYPERSON HOTLINE



"CARRYING THE HOMEFRONT"

**SERGEANT MAJOR  
TOBY P. CORMIER**  
Ph: 860-441-2984  
Cell: 860-209-0770  
[toby.cormier@ct.ngb.army.mil](mailto:toby.cormier@ct.ngb.army.mil)

## Solution to Kid's Creative Corner Puzzle



Happy Saint Patrick's Day!

Visit the

# Connecticut Guardian

on-line at

[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)



## National Guard Association of Connecticut announces 2006 Scholarship Program

The National Guard Association of Connecticut (NGACT) proudly announces the 2004 scholarship program. The following persons are eligible to apply for a scholarship:

- a. NGACT Members.
- b. Unmarried sons and daughters or grandchildren of NGACT members.
- c. Spouses of NGACT members.
- d. Unmarried spouses and unmarried dependent sons and daughters or grandchildren of deceased NGACT members who were members in good standing at the time of their death.

Honorary, Associate and Corporate membership alone does not qualify any of the persons listed above for eligibility to apply for a scholarship.

Scholarships will be awarded in an amount based on available funds for the upcoming school year. Applicants must be enrolled as a full-time or part-time student at an accredited college, university, trade school or business school. Graduate students are not eligible for scholarships.



Awards will be sent directly to the recipient with each check made payable to the recipient's choice of school. To receive the awards, verifications will be required to the effect that enrollment has commenced or will commence.

There shall be no consideration in selecting the awardees of a scholarship because of friendship, rank or grade of the applicant, applicant's parents/grandparents or applicant's spouse. Awards will be made on the basis of scholarship, character, leadership and need.

All applications will be accompanied by the following:

- a. A transcript of high school credits and a transcript of college credits for applicants already in institutions of higher learning.
- b. A letter from the applicant with personal, specific facts as to his/her desire to continue his/her education and why financial assistance is required.
- c. Two (2) letters of recommendation verifying the application and giving general information & personal traits that would make the applicant a desirable recipient. These letters should ideally be from a community leader, ministers, elected officials, etc.
- d. One (1) letter of academic reference (should be from a principle, counselor, dean or professor).

If the recipient does not complete the school term for which the scholarship is awarded, due to any cause other than sickness, physical injury or military deployment, the recipient will refund the award to the National Guard Association of Connecticut within sixty (60) days from the date enrollment was terminated.

All scholarship applications will be sent to the NGACT Scholarship Committee, NGACT, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795. Each application will be reviewed for completeness and forwarded to the scholarship committee. Applications must include all materials.

Deadline date for all applications for scholarships will be observed in all instances. The deadline for submitting applications is 30 June 2006. Applications must be postmarked NLT 30 June 2006.

Scholarship Committee. The President of the NGACT will appoint a committee and a chairman. The remainder of the committee will be structured to ensure to include at a minimum of five members, at least two ARNG and two ANG.

Applications are available on line at [www.ngact.com](http://www.ngact.com)

## Breakfast With The Easter Bunny

April 15, 2006

Camp Rell, Niantic, CT

Breakfast Begins at 9:00 am

RSVP by April 7th

By Calling

Toll Free 800 858-2677

**SORRY,  
ABSOLUTELY NO  
WALK-INS**

*We must ensure proper  
seating, food, gifts, eggs,  
etc. for those with  
Reservations*



# Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

Waterbury Armory  
64 Field Street, Waterbury, CT 06702  
(203) 574-2406 Toll Free 866-347-2291  
Ms. Tamara Jex

Manchester Armory  
330 Main Street, Manchester, CT 06040  
(860) 646-0780 Toll Free 866-347-2286  
Capt. Lauri Tinelle & Mrs. Andrea Lathrop

103rd FW, Bradley ANG Base  
Bldg 8, East Granby, CT 06026  
(860) 292-2730 Mrs. Donna Rivera

Norwich Armory  
38 Stott Avenue, Norwich, CT 06360  
(860) 883-6934  
Mrs. Andrea Lathrop

103rd Air Control Squadron  
206 Boston Post Road, Orange, CT 06477  
(203) 795-2983 Charlie and Jane Solomon

Windsor Locks  
Bldg. P123, Camp Hartell, Windsor Locks, CT 06096  
(860) 386-4045 Mrs. Rita O'Donnell

Hartford Armory  
360 Broad Street, Hartford, CT 06105-3795  
1-800-858-2677  
Mrs. Kim Hoffman, Mrs. Michelle McCarty,  
2LT Claude Hibbert, Mrs. Melissa Tetro-Dow, Mr. Bert Saur  
and Staff Sgt. Jessica McKenna-Boski

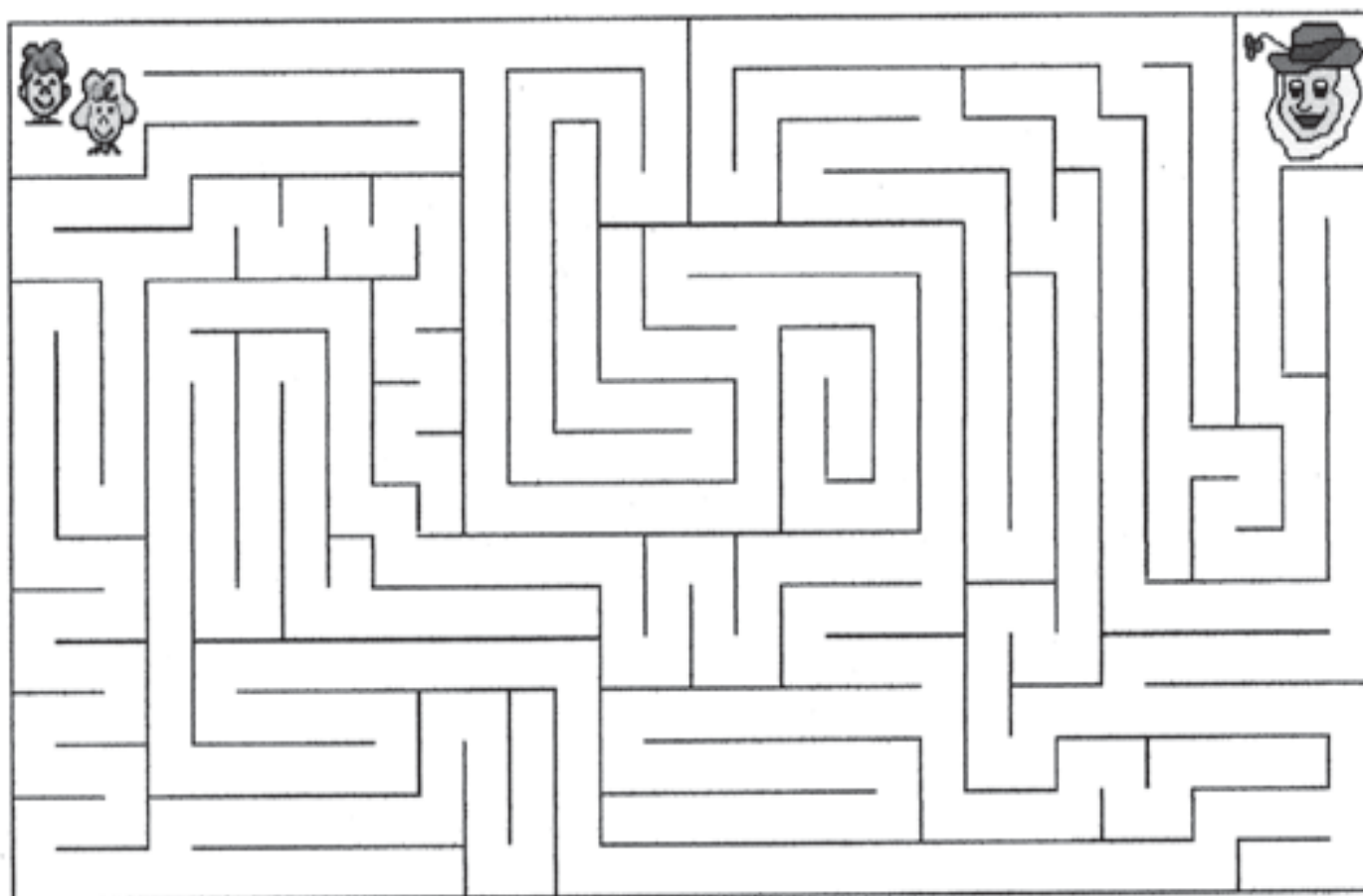
Volunteers are needed in each facility.

Those wishing to help out can contact Mrs. Kim Hoffman, Family Program Manager at 1-800-858-2677. Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email address:

kim.hoffman@ct.ngb.army.mil

Please visit our Website at [www.ct.ngb.army.mil/family](http://www.ct.ngb.army.mil/family)

## Happy Saint Patrick's Day!



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## KID'S CREATIVE CORNER

A monthly feature of  
fun and educational  
activities for the children  
of the Connecticut  
National Guard

See Page S2 for Solution